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- French dinner party
- A taste of Italy

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Win delicious Mediterranean dinners for two at fabulous restaurants in the UAE.

Details on page 9



EDITOR'S NOTE



La Dolce Vita

Juicy, flavoursome olives and olive oil, crusty rosemary bread dipped in balsamic vinegar, baked fish encrusted in sea salt and sprinkled with fresh herbs are some of the flavours that make me yearn for Mediterranean cooking. Fresh, top-quality ingredients are integral to Med-inspired food, and it is all about simplicity; getting the best out of the ingredients and produce and enjoying the natural flavours.

Geographically speaking the Mediterranean is broad, encompassing countries along The Med Sea such as Spain, Italy, France, Greece, Turkey, Lebanon and Morocco (to name a few), and while the food differs from place to place, the essence of Mediterranean cooking and eating that is shared throughout. Aside from the produce used, it is the communal table, sharing menus and the rustic, casual and homely atmosphere that makes this style of cooking and eating so special.

In this month's issue, be inspired to create Italian-style lunches, homemade pesto, fresh breads and a stylish French dinner party menu. Also, we managed to get exclusive recipes from Jamie's Italian – Jamie Oliver's first restaurant in the Middle East – so be sure to try out the divine antipasti dishes and beautiful tagliatelle.

Regular readers, you will have noticed that this month's issue has gone up in size and we are pleased to present this 100-page foodie delight. Packed with more recipes, more interviews, news and competitions, we hope you enjoy reading this month's issue as much as we enjoyed putting it together.

Relax, enjoy and savour *BBC Good Food ME*,

Lauren Hills, Editor
lauren@cpidubai.com

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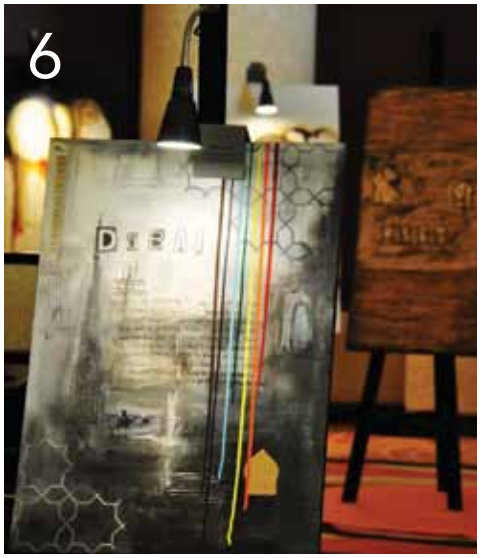
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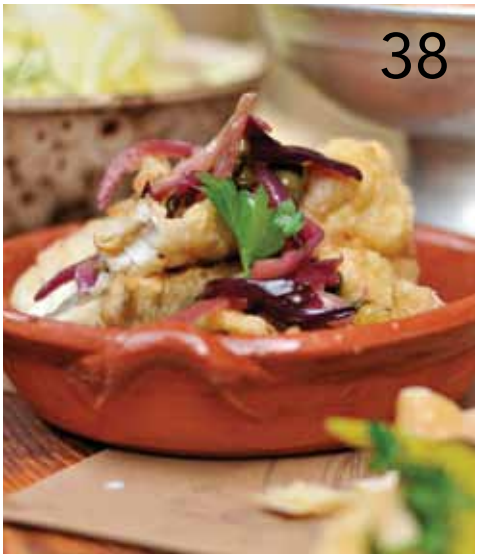
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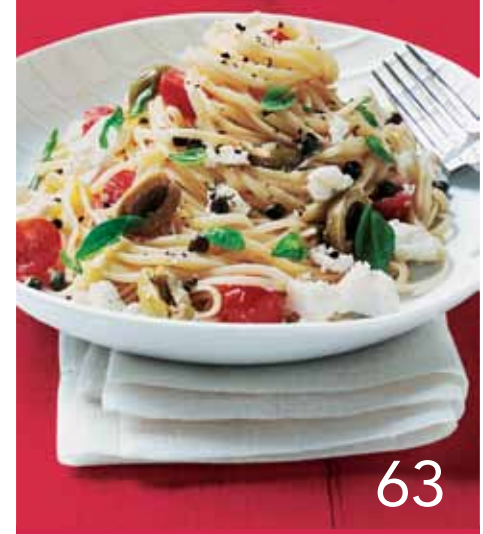
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96 LAST BITE
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ON THE COVER



Our recipe descriptions

- V **Suitable for vegetarians**
- ❄ **You can freeze it**
- ❄ **Not suitable for freezing**
- P **Contains pork**
- 🍷 **Contains alcohol**
- ✓ **Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or counts as one or two portions of your recommended 5-a-day fruit and vegetables.

Low fat 12g or less per portion.

Good for you Low in saturated fat, low in salt

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

TAKE CARE!

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for this symbol:

- contains pork P
- contains alcohol 🍷

Off the shelf

Mediterranean cooking and eating is as much about lifestyle as it is about food. Have fun with these colourful Med-inspired accessories for your kitchen and dining room



Pouring delight
This ceramic olive oil and vinegar jug set is available from Crate & Barrel.





Fresh pestos and olive oils in different flavours are available from Carluccio's UAE.







Fine Italian fare
From funghi and pasta to delicious cheeses, the deli at Carluccio's is stocked with gorgeous Italian ingredients



Bake it
Cook your lasagne in one of these beautiful, deep baking dishes from Crate & Barrel



Served
Perfect for serving up a big Mediterranean salad. These Ditto salad servers are from Crate & Barrel.

Preserves and jams
Baker & Spice has launched a range of delicious, seasonal preserves and jams. Pair the Cape gooseberry preserve with mild cheddar for a yummy snack.



Rustic rendezvous
Do it like Jamie Oliver does and serve your antipasti straight from a wooden bread board. Crate & Barrel stocks lovely boards in a variety of shapes and sizes.





Mix it up
A dash of red will brighen up your kitchen.



Bamboo board
These woven bamboo trays from Crate & Barrel are fun and functional.



Infused oils
To add fantastic flavours to pastas or mashed potato, La Tourangelle infused oils are a great choice. The white truffle oil is one of our favourites.



PISCES

AWARD-WINNING SEAFOOD DINING IN THE SOUK.

The new Pisces menu features classic seafood dishes along with simply grilled fish of your choice. Dine inside the chic interior or on the terrace with spectacular views across the waterways of Madinat Jumeirah. Pisces in Souk Madinat Jumeirah is open for dinner from 7.00pm.

Special Ladies Night. Every lady dining at Pisces qualifies for a **10% off** the total bill, with up to **50% off** per table, valid Sunday to Wednesday.

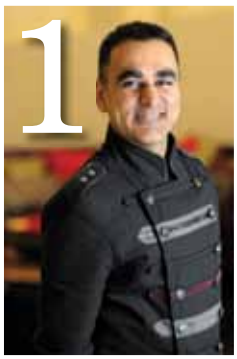
For reservations, please call **+971 4 366 6730** or visit **jumeirah.com/pisces**

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Top 10 foodie moments

News, events, promotions and competitions; *BBC Good Food ME* keeps you in the know



1 Indian-style tapas at Indego by Vineet

You can now enjoy tapas and cocktails at the newly-opened terrace at Indego by Vineet, Grosvenor House Dubai.

Michelin starred chef Vineet Bhatia launched the mouth-watering menu of innovative Indian-style tapas last months, and it includes succulent sun dried tomato basil chicken tikka, goat's cheese 'potli', masala rice balls with crisp asparagus spears; stir-fried wasabi-curry leaf prawns; chilli-lime scallops and saffron mash; as well as a range of delicious paratha rolls, that come with chicken, lamb or paneer filling.

"The idea to open up the terrace and offer tapas-styled dining is two-fold: Dubai's weather is outstanding most of the year, making it the ideal location for a terraced-restaurant. The city is also home to people from many different nationalities and walks of life, and nothing brings people together better than an informal setting and an array of tapas," said Chef Vineet Bhatia.



2 A Mediterranean culinary cruise at Chef's House

Mediterranean cuisine is well known for its variety and fresh ingredients, and every Sunday Chef's House, Radisson Blu Dubai Media City is giving you the opportunity to enjoy some of the most popular dishes from different countries within this region, ranging from France, Spain, Morocco, Greece, Turkey, to name just a few. As part of the promotion you can indulge is a spread of Mediterranean grapes and cheese.

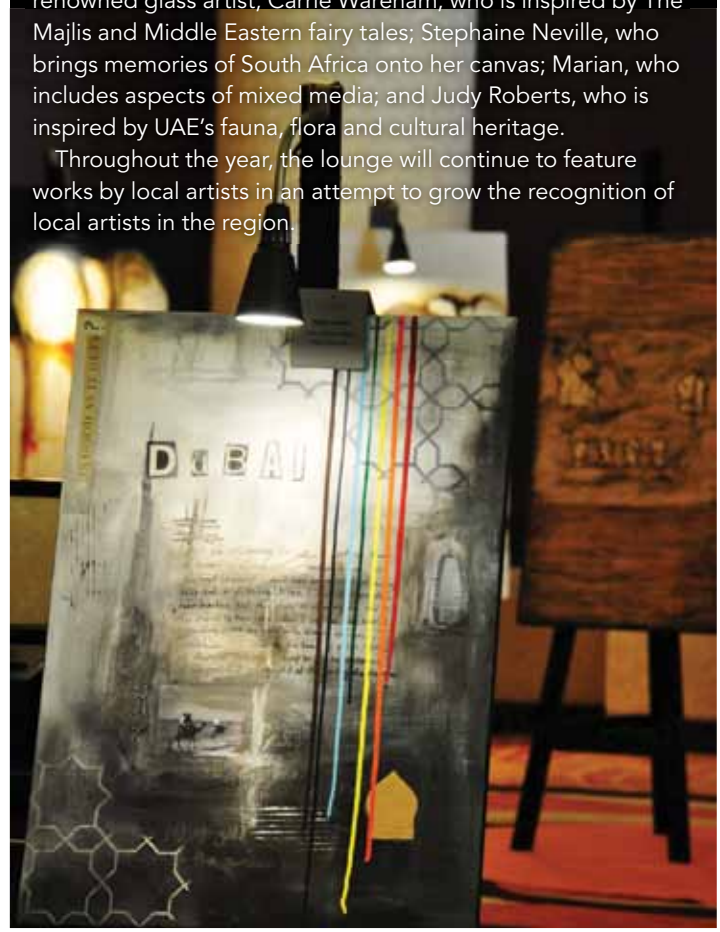
3 Kambaa art and afternoon tea

The Address Dubai Marina is showcasing the works of local artists at Kambaa Cafe, and serving a delicious afternoon tea too.

Hotel guests, artists and art enthusiasts can visit the lounge and enjoy the colours, as well as an afternoon tea array of sweet and savoury bites, steaming pots of tea, hot chocolate or coffee while enjoying the art on display.

To inaugurate the art lounge at Kambaa, several artists are currently presenting their works, including Helen Ellinas, a renowned glass artist; Carrie Wareham, who is inspired by The Majlis and Middle Eastern fairy tales; Stephaine Neville, who brings memories of South Africa onto her canvas; Marian, who includes aspects of mixed media; and Judy Roberts, who is inspired by UAE's fauna, flora and cultural heritage.

Throughout the year, the lounge will continue to feature works by local artists in an attempt to grow the recognition of local artists in the region.



foodie moments



4 Jewels of the sea sparkle at Shangri-la Qaryat Al Beri Abu Dhabi

For those who enjoy the fruits of the sea, head to Sofra Bld for dinner every Monday this month to feast on aselection of delectable, fresh seafood prepared every way imaginable. The Jewels of the Sea is priced at AED 199 per person including non-alcoholic beverages.



At.mosphere Lounge in the Burj Khalifa launches two new romantic foodie concepts this month.

Take in the panoramic views of the city from the 123rd floor of the Burj Khalifa and indulge in a glass of champagne and Valronha chocolate-dipped strawberries for AED 140, or if it's oysters you are after, for AED 160 you can enjoy a glass of bubbly and a Gillardeau oyter with apple granita.

The in-house DJ plays every evening, and there is a selection of beverages and canapés to choose from on the lounge menu.



6

Much-talked-about New York burger concept Shake Shack is now open in Mall of the Emirates Dubai, serving burgers made from all-natural American Black Angus beef and soft potato buns.

A 'road-side' casual dining concept, Shake Shack began in Madison Square Garden in 2004, and its expansion into the UAE marks the first Shake Shack outisde of the US.

Free from hormones and antibiotics, the classic Shack burger is simple, tender and full of flavour. The bun is buttery-soft and the beef is succulent and juicy. Served with real, unprocessed cheese, fresh lettuce and tomatoes, this newly opened burger house is definitely one to try.

A taste of THE IVY

The much-anticipated The Ivy restaurant in Emirates Towers Dubai will officially be open to the public in June. Make sure you pick up the next issue of *BBC Good Food ME* magazine as we feature classic recipe from the menu such as bang bang chicken, salt and pepper tiger prawns with chilli jam and fillet of cod from the chefs of The Ivy.



foodie moments



8 A WISE CHOICE FOR THE UAE

Tamil Nadu fish curry, Shaari Eshkeli with lemon and olive oil, and hot-smoked green tea souli wraps are included in the new *Choose Wisely* cookbook which features 20 sustainable fish recipes from the UAE.

Emirates Wildlife Society, in association with WWF (EWS-WWF), launched the cookbook as part of its Choose Wisely sustainable fisheries campaign. The cookbook, featuring recipes submitted to the Sustainable Fish Dish Challenge, helps people taste the benefits of eating sustainable green-labeled 'Go For It' fish and offers consumers alternatives to eating red-labeled 'Think Again' fish such as the Hammour, King Fish, and Shaari.

"The book is a real community effort, reflecting the special nature of the UAE residents and fish," says Nessrine Alzahlawi, EWS-WWS Conservation Officer and Marine Biologist.

"Recipes reflect the cuisines of India, United Arab Emirates, Europe and South America. Zighy Bay Resort, Meridien al Aqqa, Verre Restaurant at Hilton Dubai Creek and Flavours Restaurant at Sheraton Abu Dhabi Hotel and Resort offered raffle prizes to encourage recipe submissions and recognise volunteers that participated in the campaign," Alzahlawi continues.

Hammour, a highly favoured fish in the UAE, is overfished seven times beyond sustainable levels with declines of 90 percent since 1978, putting it at the top of the overfished species list. The main goal of EWS-WWF's Choose Wisely campaign is to address the environmental impact of overfishing in the UAE by increasing customer awareness about the heavy exploitation of UAE fish resources, encourage action from concerned stakeholders, and offer delicious tasting 'Go For It' alternatives.

Adding to this, 20 recipes using sustainable species of UAE fish will be made available free of charge from Choose Wisely partners' hotels and restaurants including: hotels of the Starwood Group Abu Dhabi (Le Meridien, Royal Meridien, Sheraton Khalidiya, Sheraton Hotel and Resort, and Aloft Hotel), Hilton Dubai Creek, Meridien Al Aqqah (Fujairah), Carrefour Stores, Choithram Stores, Abela Stores (Abu Dhabi), as well as from the EWS-WWF offices located on the 8th floor of the Chamber of Commerce Building in Abu Dhabi.

Must-have jams and preserves



Versatile and delicious; jams, preserves and chutneys should be staples in every kitchen, either complementing a recipe (strawberry preserve in Victoria Sponge) or for a quick snack (cheese and chutney), and we love the taste of homemade.

If you don't have time to make your own, Baker & Spice in Souk Al Bahar and Dukkan al Manzil has launched a range of jams, preserves, marmalade, curds and tangy chutneys that will change depending on what is in season. *BBC Good Food ME* particularly likes the Cape gooseberry preserve that is in season now.

10 EPIC sustainable living

EPIC, a sustainable living expo will be taking place from 22 to 24 June 2011 at The Dubai Mall and will feature eco-friendly products and services, with a special focus on sustainable cooking and eating.

With the aim to inspire positive change in our lifestyle, the expo will present a number of exciting features, interactive sessions, eco-fashion shows, live cooking demonstrations, music talents and artists. *BBC Good Food ME* will have a stand there, so be sure to pop by. For more information visit www.epicdubai.com.



Dinner for two at Zaytoun, Crowne Plaza, Dubai Festival City

A newly opened eclectic Mediterranean restaurant, with a spacious interior and terrace garden. Enjoy views of the Burj Khalifa and city skyline from the terrace and leisure deck.

WIN a Pasta e Basta voucher for two at The Med, Media One Hotel, Dubai Media City

Enjoy Italian cuisine and the unique charm of the Mediterranean at Media One's signature restaurant - The MED for a Pasta 'e' Basta every Tuesday evening.

WIN dinner for two at Medzo, Wafi City Dubai

Wafi's Italian restaurant features a mix of traditional and contemporary cuisine, with live entertainment during dinner. When it's not too hot, there is an alfresco dining option for you to enjoy the balmy, relaxed ambience.

WIN dinner for two at Seville's, Wafi City Dubai

Located at the picturesque rooftop gardens of Wafi, this venue typifies all the attributes of Spain; passion, charm and vibrant energy.

WIN a mad brunch for four guests at Sanabel, Pullman Dubai, Mall of the Emirates

Every Friday, Sanabel offers a superb array of Eastern Mediterranean dishes complemented by a choice of free-flowing beverages that will make you mad for brunch.

Win AED 500 voucher for Urbano, Souk Al Bahar

Urbano, an Italian restaurant in a market-inspired environment, is modern in style and traditional in feel. Segmented into café, 'trattoria' and pizzeria, gourmet take away is also available.

To stand a chance to win, simply visit the competitions page on ***www.bbcgoodfoodme.com*** and fill in the web form.

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NO → **THEN ORDER A TAKEAWAY!**

Join the Cookery Classes at Media One Hotel for great food and fun times.

Now cooking enthusiasts have the chance to learn how, with top class French chef – Nicolas Valero – as he introduces a series of cooking classes at the hotel. Classes on Mondays, 9th and 23rd of May and 6th of June 2011.

Be at the top of your cooking game for only 295dhs per session or 795dhs for a full course of 3 sessions. Wow your guests with delicious recipes, no fuss and most importantly – no stress.

What's your flavour? **Taste out the scene.**

MEDIA ONE HOTEL

weber

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Get all the accessories you need to whip up your favourite foods



The Tefal Actifry is versatile and compact, and great for creating curries, stir fries and chicken dishes. Also, you can control the amount of oil you cook with. The fryer is available at Carrefour, LuLu Hypermarket, Spinneys, Sharaf DG, union co-op, sharjah co-op. *AED 999.*



The Tefal hand-blender with accessories is available at spinneys, all Carrefour, Lulu, Union Coop, Sharjah Coop. *AED 249.*

Create a real Italian espresso with **The Rocket**, a machine that extracts a smooth coffee with optimum aroma, body and 'crema'. From Raw Coffee Company, you can purchase the complete package with everything you need to become a master barista at home.

Delivered to your door, you receive in-home barista training, a chrome Eureka Grinder, full commercial-grade accessories and freshly roasted Arabica coffee. *AED 10,500.*



Panasonic Multipress Spin Juicer with stainless steel spinner and 1000ml clear glass container. *Available at Emax for AED 329.*





Deliciously-smooth gelato, ice cream and sorbet at your fingertips. With the **Gelatiera Gaggia** you can prepare superb ice cream in all sorts of flavours, in the creamy consistency you desire. The machine makes about 600g, and has an easy-to-clean, removable bowl. *Available at Garden Centre, Dubai for AED 1, 999.*

Compact, rotating Princess multi snack and pizza oven is suitable for fresh and frozen pizzas and Italian specialities such as calzone, focaccia, panini and bruschetta. Also good for making toasted sandwiches, pancakes, crêpes and wraps, and for grilling meat. Food is cooked through more quickly due to the rotation system and the constant temperature. Available at all leading appliances and electronic stores.





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Food has no borders

The food of the Mediterranean is an amalgamation of ingredients, styles and influences. *Suzanne Husseini* explores the cross-cultural story of Middle Eastern cuisine, no visa required

When we talk of borders these days we think of check points, visas and permits to enter certain areas or countries. It can be challenging at times to get to the other side. Food on the other hand, doesn't know borders and each dish often tells an interesting story of history, culture and geographical influence.

Food seamlessly travels through countries and across cultures, reappearing in different areas by a different name, often infused with different ingredients and cooking techniques and integrated into a country as a cultural dish.

The cuisine of the Arab world and Middle East dates back to medieval times and some of the documented books about cooking go as far back as the eighth century, during a golden era of civilization. Science, art and literature flourished, as did food. Sitting at the crossroads of so many diverse cultures such as Persian, Turkish, Greek, Indian, to name a few, allowed the cuisine of this area to evolve in a unique and rich way. Spices, ingredients and various cooking techniques were borrowed, shared, adopted and adapted.

In this climate of exchange and learning, many wonderful dishes were concocted and savoured and many live on to this day.

There are so many Arabic dishes that have their roots in neighbouring Mediterranean countries, and the Arab world enjoys a rich culinary heritage. I dare say that it represents true fusion in cuisine.

While I'm not a fan of that modern concept of colliding incompatible flavours for the sake of making something new, I love the natural way that food evolves over time, telling a story of culture, history, lifestyle and the landscape of ingredients available in the area.

I am in love with the flavours, textures, spices and bountiful ingredients of this part of the world. I am delighted when I discover that words for so many foods are the same in other languages.

Looking back at so many dishes, I'm fascinated to see that South American empinadas (savoury pies) had their roots in the Arab world as Sambousek. Ghraybe (Arabic shortbread) has a striking resemblance to the Greek Kourabiedes. Shish Barak (Arabic pasta cooked in yoghurt sauce) has a Turkish name and resembles a dish called Manti in Turkey.

Umm Ali (Arabic warm custard and pastry dessert) could be the inspiration for bread and butter pudding, or vice versa. Cannoli (Italian fried pastry filled with cheese) isn't too different from the Arabic sweet fried crepes enjoyed during the holy month of Ramadan. And Baklawa, is enjoyed and created in the Balkans and throughout the Mediterranean and Middle East.

Who really knows what food started where? And, why does it matter. What I've discovered on my culinary carpet ride is that when I look for similarities, I'm pleasantly surprised. Here, more than any place in the world you experience a tapestry of tastes. You are witness to some of the most elegant and sophisticated cuisines. The genius of so many cultures weaved their food traditions over time, as did the Arab culture wherever they visited.

Allow yourself to be whisked away to a new food adventures bursting with fresh ingredients, vegetables and spices and taste the joy of eating dishes made in the Middle East. No visa required.

Celebrity cook, TV show host and recipe book author, Suzanne Husseini is a regular columnist for BBC Good Food ME. For more information on Suzanne visit www.suzannehusseini.com and facebook.com/suzannehusseini.

On 3 May 2011, Suzanne will be launching the Arabic edition of her cookbook When Suzanne Cooks, at Bloomingdale's Home, Dubai Mall.

Win your copy!



Two lucky *BBC Good Food ME* readers have a chance to win a copy of *When Suzanne Cooks*, a cookbook filled with gorgeous Middle Eastern recipes with an innovative twist.

To enter, simply email *competitions@bbcgoodfoodme.com* or visit the competitions page on *www.bbcgoodfoodme.com*.

Photography PETRINA TINSLAY

Umm Ali (Arabian bread pudding)

¼ cup clarified butter, melted
300 g filo pastry
300 g puff pastry
4 cups full fat milk
2 cups double cream
1 cup caster sugar
1 vanilla pod, split and with seeds scraped
¾ cup golden raisins (soaked in ½ cup rosewater)
¾ cup pistachio nuts
½ cup apricots, sliced thinly
¾ cup almonds, sliced and toasted
2 tbs rosewater
1 tbs orange blossom water
½ cup whipping cream, lightly whipped

Preheat oven to 170˚C. Lightly brush the filo pastry with the melted butter. Bake until golden and crisp. Remove to cool. Place rolled-out puff pastry on the baking sheet and bake following the package instructions until puffed and crisp. Remove to cool.

In a nice baking dish (20 cm) place some of the baked pastries as the first layer. Sprinkle with some nuts, raisins, and apricots. Add more layers in the same order until done. In a large saucepan heat the milk, cream, sugar and the scraped vanilla pod and seeds. Allow to come to a boil for 2 minutes. Take it off the heat and add the rose and orange blossom waters. Remove the vanilla pod, and carefully and gradually pour the hot cream/milk over the pastries. Leave it for 10 minutes to soak up all the liquid. Top with the whipped cream and a sprinkle of icing sugar and bake for 40 minutes until the top browns and becomes puffed up. Remove and leave to sit for 10 minutes. Garnish with toasted almonds and pistachios at the last minute. Serve hot straight from the pan. I sometimes make individual portions in ramekins. The time in the oven will be reduced by half.



Exploring olive oil

Olive oil is an essential ingredient in Mediterranean cooking, celebrated not only for flavour and texture, but for its fantastic nutritional value too. *BBC Good Food ME* explores

Olives are farmed from the eastern to the western shores of the Mediterranean, with Italy, Spain, Greece and Lebanon known for the gorgeously-plump and flavoursome varieties of olives, plucked from the silvery-green branches of the trees. For centuries, olives have been used to create oils of different flavours and qualities, infusing the food of the Mediterranean with a distinctive taste.

Whether creating a marinade for fish or chicken, pan-frying seafood or simply drizzling olive oil over a salad or roast vegetables, good quality olive oil is an essential part of cooking, and a fantastic alternative to butter and other oils.

One of the most obvious, but perhaps the most prominent benefits of olive oil, particularly extra virgin olive oil, is that it is completely natural. Extra virgin olive oil is nothing but fruit juice, extracted from olive fruit. No heat or chemicals are used in the extraction of extra virgin olive oil, so you can enjoy the product knowing that the flavour and texture you are experiencing is all-natural, without any additives or flavourants. Look for organic, unfiltered extra virgin olive oil to enjoy the purest variety.

Like wine, olive oils have different characteristics that are determined by the region, type of olive and how the juice is extracted. Some olive oils are known for their sharp or mild flavours and olive oil pressed from ripe olives is smooth, mellow and buttery.

The wonderful, varied flavour of olive oil is what sets it apart from all other vegetable and seed oils, and what you need to think about when using olive oil, is what flavour you prefer and what you want to combine it with. When planning your menu, you need to ask yourself; Will an unfiltered extra virgin olive oil overpower the dish, or will it complement and bring out the flavours of the other ingredients? Are you going to be using olive oil as a condiment and thus want the olive flavour to be prominent, or would you prefer the oil to be more bland?

When selecting olive oil for recipes, you should try and match the olive oil with the other ingredients in the dish. Keep in mind that an extra virgin olive oil will have a stronger flavour and is best matched with food that has a distinctive taste. For a lighter, more mellow flavour, you may want to choose a late-harvest extra virgin oil that is made using ripe olives. The taste will work well with fish and other delicately flavoured foods.

If you are using olive oil as a dip for bread, for a salad dressing or to drizzle over pasta or vegetables, a more flavourful olive oil will work best.









While flavour and texture is reason enough to use olive oil, the nutritional benefits are far superior to other oils, and a very good addition to your diet. With good amounts of vitamins E, K, and A and many micronutrients, olive oil is also made up of monounsaturated fats, which is the good fats needed for cell regeneration and healthy body functioning. Unlike some other oils, olive oil is not hydrogenated oil, so it doesn't create dangerous trans-fats. Recent studies also show that olive oil may be effective in reducing the risks of colon cancer and Alzheimer's, as well as lowering blood pressure when consumed on a regular basis.

When baking, olive oil (specifically the mild and mellow varieties) makes a good substitute for butter, margarine and other vegetable oils. You will use less oil than butter, so there will be less fat in the final product. And, as olive oil is high in monounsaturated fats, lower in saturated fats and loaded with antioxidants, you will be getting more benefits per slice. In Mediterranean regions, bread has been made using olive for centuries, and it can be used in muffins and cakes too.

From flavour to nutritional value, when talking about fats and oils, olive oil is a very good choice. For your taste of the Mediterranean this month, drizzle a good quality extra virgin olive oil onto your homemade bruschetta, pasta, salad or hummus, the options and recipe ideas are endless.

Roasted peppers with tomatoes & anchovies

SERVES 4 ● EASILY DOUBLED PREP ● 10 MINS
COOK 1 HR 10 MINS

Good source of vitamin C, 2 of 5-a-day
The best roasted peppers are always those left to sit in their own juices for a good while – overnight even – until the flesh gives in completely and the flavours mellow together. Crusty bread or focaccia and a salad are all you need now, or serve the peppers as a side with just about anything.

4 red peppers, halved and deseeded
50g can anchovies in oil, drained
8 smallish tomatoes, halved
2 garlic cloves, thinly sliced
2 rosemary sprigs
2 tbsp olive oil

1 Heat oven to 160C/140C fan/gas 3. Put the peppers into a large baking dish, toss with a little of the oil from the anchovy can, then turn cut-side up. Roast for 40 mins, until soft but not collapsed.
2 Slice 8 of the anchovies along their length. Put 2 halves of tomato, several garlic slices, a few little rosemary sprigs and two pieces of anchovy into the hollow of each pepper. Drizzle over the olive oil, then roast again for 30 mins until the tomatoes are soft and the peppers are filled with pools of tasty juice. Leave to cool and serve warm or at room temperature.

PER SERVING 162 kcals, protein 4g, carbs 13g, fat 11g, sat fat 1g, fibre 3g, sugar 12g, salt 1.44g



Figaro fantastic

The olive originates in all the countries of classical Mediterranean culture., and for centuries, olive oil of old Hispania has been exported all over the world. Figaro Olive Oil, from Andalucia, is renowned for its excellent quality and delicate, aromatic flavours

Spain is the world's largest producer of olive oil. Its 188 million olive trees provide more than 50 different varieties of oil. And it is in Spain that the largest olive-growing region in the world is found: Andalucia, which generates eighty percent of national output.

The Figaro Group selects, processes and packs its olive oil in the very heart of Andalucia, in Cordoba, taking advantage of its location in this privileged region, to the benefit of its clients all over the world.

The profound knowledge of the Figaro experts, reaches its culmination in the criteria for oil selection (blending) resulting in oil with its own distinct personality that is flavoursome, fragrant, fresh and slightly fruity. Moreover, Figaro has its own oil mills in the best olive growing zones in Spain, allowing rapid and correct pressing to ensure fresh oil of optimum quality.

Figaro's central laboratory has the most sophisticated resources, which are present throughout the strict process of selection, elaboration and packing of Figaro Olive Oil.

Figaro, the Spanish and Andalucian oil per excellence, has made its way into the world's most universal cuisines, and is praised on important occasions by the most authoritative voice on the international olive oil and gastronomic scene. Figaro's leadership, experience, responsiveness and criteria mean that they are able to produce and bottle a varied family of products, with different presentations and formats, making Figaro a complete and compact brand which is appreciated and valued by distributors and dealers everywhere.

"The profound knowledge of the Figaro experts, reaches its culmination in the criteria for oil selection (blending) resulting in oil with its own personality that is flavoursome, fragrant, fresh and slightly fruity."

Figaro is part of the world's number one oil bottling company, with more than 100 million liters every year. The group has the most outstanding experts familiar with the secrets of the world of the olive.

In recent years, diet research has shown that the Mediterranean diet is the ideal one and surprisingly, one of the oldest and most refined. Olive oil is one of its basic and indispensable ingredients, able to season a great variety of dishes. Figaro Olive Oil is pure olive juice, rich in vitamins A,E, D and K.

Recent studies show that, because of its high mono unsaturated fat acid content, olive oil helps to reduce damaging blood cholesterol levels and lowers the risk of cardiovascular illness. Figaro represents the gastronomy of the future and is the essential part of any flavoursome and healthy diet.

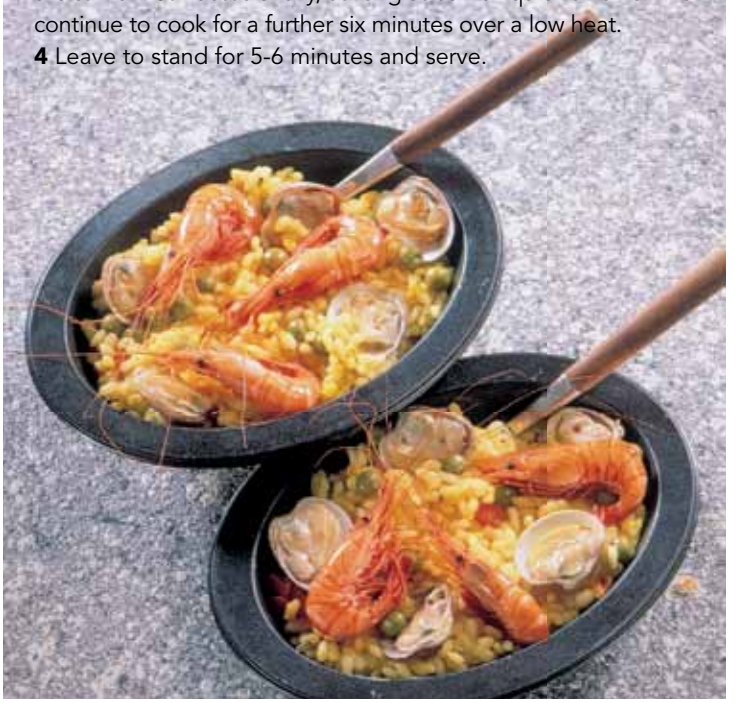
FIGARO… Taste for your health!

CLASSIC PAELLA

SERVES 4 | 35 MINS

Mixed seafood (prawns, squid and mussels)
500g medium grain rice
100g green lima beans, cooked
200g wide green beans
1 ripe tomato, peeled and chopped
1 dozen snails
2 cloves of garlic
100ml Figaro pure Olive Oil
100ml water
saffron
1 tsp paprika
salt

1 Place a shallow frying pan over the heat and add Figaro pure olive oil. When hot, add the seafood, then the wide green beans and fry, then the garlic, paprika and tomato.
2 Stir and add water to one inch to the top of the pan. (The normal way of measuring is twice as much water as rice). Boil for 15-20 minutes. Add liquid to make up for any that has evaporated and season with salt. Bring to the boil, then sprinkle in the rice and spread out evenly over the pan.
3 Add the green lima beans and the previously boiled snails with the saffron. Stir occasionally, as long as some liquid remains. Then continue to cook for a further six minutes over a low heat.
4 Leave to stand for 5-6 minutes and serve.



The Recipe for a Healthy Life !

Did you know that all olive oils are not the same?

Everybody knows that olive oil is good for you. It contains mono-unsaturated fatty acids, no cholesterol and is rich in Vitamin E, protecting the body against heart disease and possibly even cancer.

Extra Virgin olive oil is produced solely from the natural first pressing of fresh olives, producing an untainted oil of low acidity, perfect aroma and flavour.

Light Olive Oil is a refined quality that goes through a delicate process during the second press to eliminate the acidity and odours, to make it one of the healthiest cooking oil.

Naturally, you will want to choose what's best for you.



FIGARO

The recipe for healthy living

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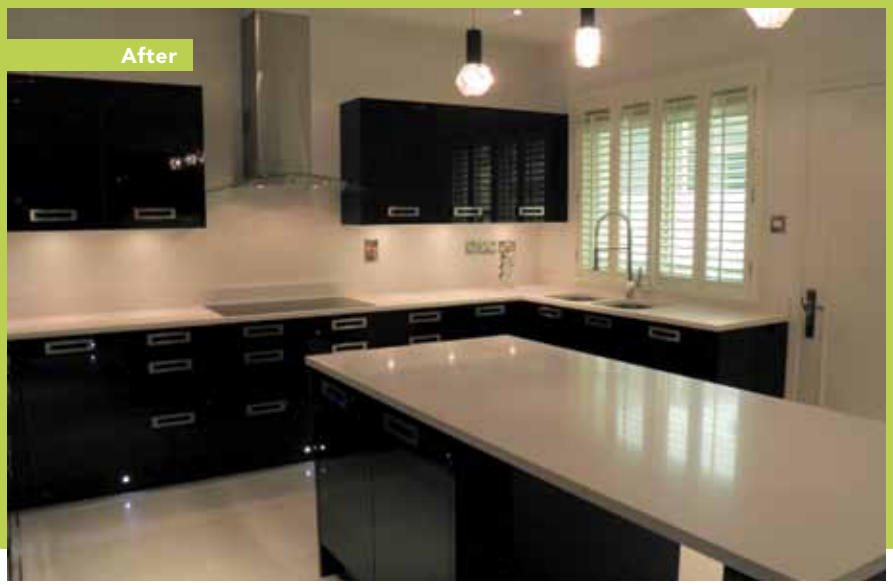
A beautiful home

Interior inspirations from Leigh-Ann Steele



Leigh-Ann, Sales Manager Kitchen Division





"When accessorising a monochrome kitchen choose a colour and stick to it throughout. Small bursts of the same colour will tie it all together and create a bit of interest. Try using red, orange or zingy lime green. Small appliances like toasters and kettles are freely available in these finishes. Try not to stack all of your small appliances together; spread them out to different parts of the kitchen where you will be using them," says Leigh-Ann Steele, sales manager at Under One Roof.

Top household tips this month

Recommended by the experts at Under One Roof



Paul, General Manager, Kitchen Division

1. Think about what you will be doing in each area of the kitchen and plan lighting accordingly. You should have good task lighting over the hob and sink and more subtle lighting for cabinets and walls.
2. Choose your worktop with practicality in mind. Granite or quartz are a hard-wearing surface, while marble will scratch and become dull.
3. If possible, have the extractor ducted out to avoid unpleasant smells circulating throughout the room.
4. Consider adding audio visual to the kitchen design. A television or sound system can be wired in before the installation and concealed behind a cabinet.
5. If you're planning on a seating or dining area make sure you've thought about how many people you'd like to seat and when.
6. Stick to a single floor covering throughout; making the space appear larger. Make sure it's suitable for the kitchen.
7. There are so many clever space saving fittings. These make it easier to get into hard-to-reach corners and deep cabinets.
8. Consider how much you have to store and how you work in your kitchen. If for instance you cook from the freezer alot, make sure it's near the hob.
9. With healthier ways of cooking becoming more popular, you may opt for a steam oven or charcoal grill. Domino hobs offer a range of different appliance functions which fit into the same space as a traditional size hob.
10. It's important to get the number of power points right at the design stage. If you have worktop appliances make sure the points are in the right positions to use them.

under one roof

comprehensive home improvements under one roof

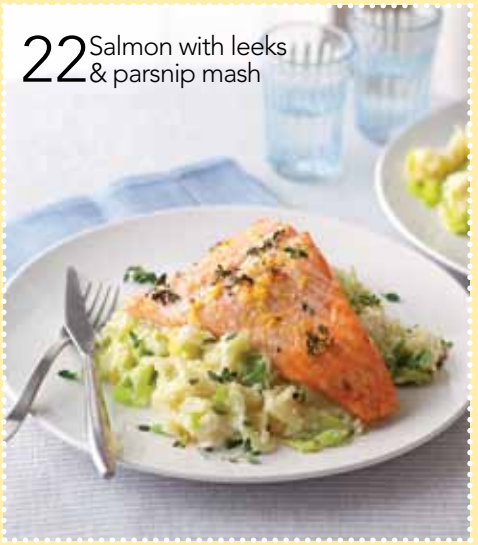
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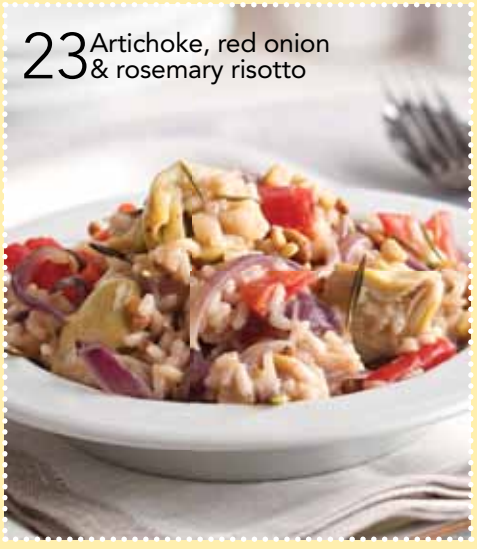


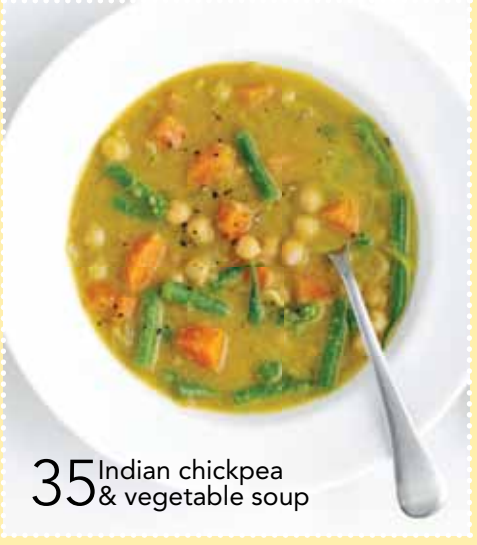




Everyday recipes

- Eat well all week
- 5 ways with tomatoes
- The grain of an idea
- Lunchbox fillers
- Make your own pesto







Eat well all week

5 feelgood recipes

Fresh inspiration for satisfying, good-for-you suppers

RECIPES **EMMA JANE FROST** PHOTOGRAPHS **ISSY WIELD**



Spicy Cajun chicken quinoa

SERVES 4 ● PREP 10 MINS ● COOK 25 MINS

Easy **Superhealthy** Good source of iron, counts as 2 of 5-a-day, Low fat

4 skinless chicken breasts, cut into bite-sized pieces
1 tbsp Cajun spice
100g/4oz quinoa
600ml/1pt hot chicken stock
100g/4oz dried apricots, sliced
½ x 250g pouch ready-to-use Puy lentils
1 tbsp olive oil
2 red onions, cut into thin wedges
1 bunch spring onions, chopped
small bunch coriander, chopped

1 Heat oven to 200C/180C fan/gas 6. Toss the chicken with the Cajun spice and arrange in a single layer in a roasting tin. Bake for 20 mins until the chicken is cooked. Set aside.
2 Meanwhile, cook the quinoa in the chicken stock for 15 mins until tender, adding the apricots and lentils for the final 5 mins. Drain and place into a large bowl with the chicken, toss together.
3 While the quinoa is cooking, heat the oil in a large frying pan and soften the onions for 10-15 mins. Toss the onions into the quinoa with the coriander and some seasoning, then mix well.

PER SERVING 386 kcals, protein 47g, carbs 35g, fat 7g, sat fat 1g, fibre 5g, sugar 15g, salt 1g

HEALTH BENEFITS

Quinoa is particularly beneficial for vegetarians as it supplies good levels of protein per portion. It's gluten-free and also an excellent source of calcium, iron, fibre and B vitamins.

Food styling EMMA JANE FROST | Styling JENNY IGGLEDEN

Ricotta, tomato & spinach frittata

SERVES 4 ● PREP 10 MINS ● COOK 35 MINS Easy **Superhealthy** Good source of vit C, counts as 1 of 5-a-day

1 tbsp olive oil
1 large onion, finely sliced
300g/11oz cherry tomatoes
100g/4oz spinach leaves
small handful basil leaves
100g/4oz ricotta
6 eggs, beaten
salad, to serve

1 Heat oven to 200C/180C fan/gas 6. Heat oil in a large non-stick frying pan and cook the onion for 5-6 mins until softened and lightly golden. Add the tomatoes and toss for 1 min to soften.

2 Remove from the heat, add the spinach leaves and basil, and toss together to wilt a little. Transfer all the ingredients to a greased 30cm x 20cm rectangular baking tin. Take small scoops of the ricotta and dot over the vegetables.

3 Season the eggs and beat well, then pour over the vegetables and cheese. Cook in the oven for 20-25 mins until pale golden and set. Serve with salad.

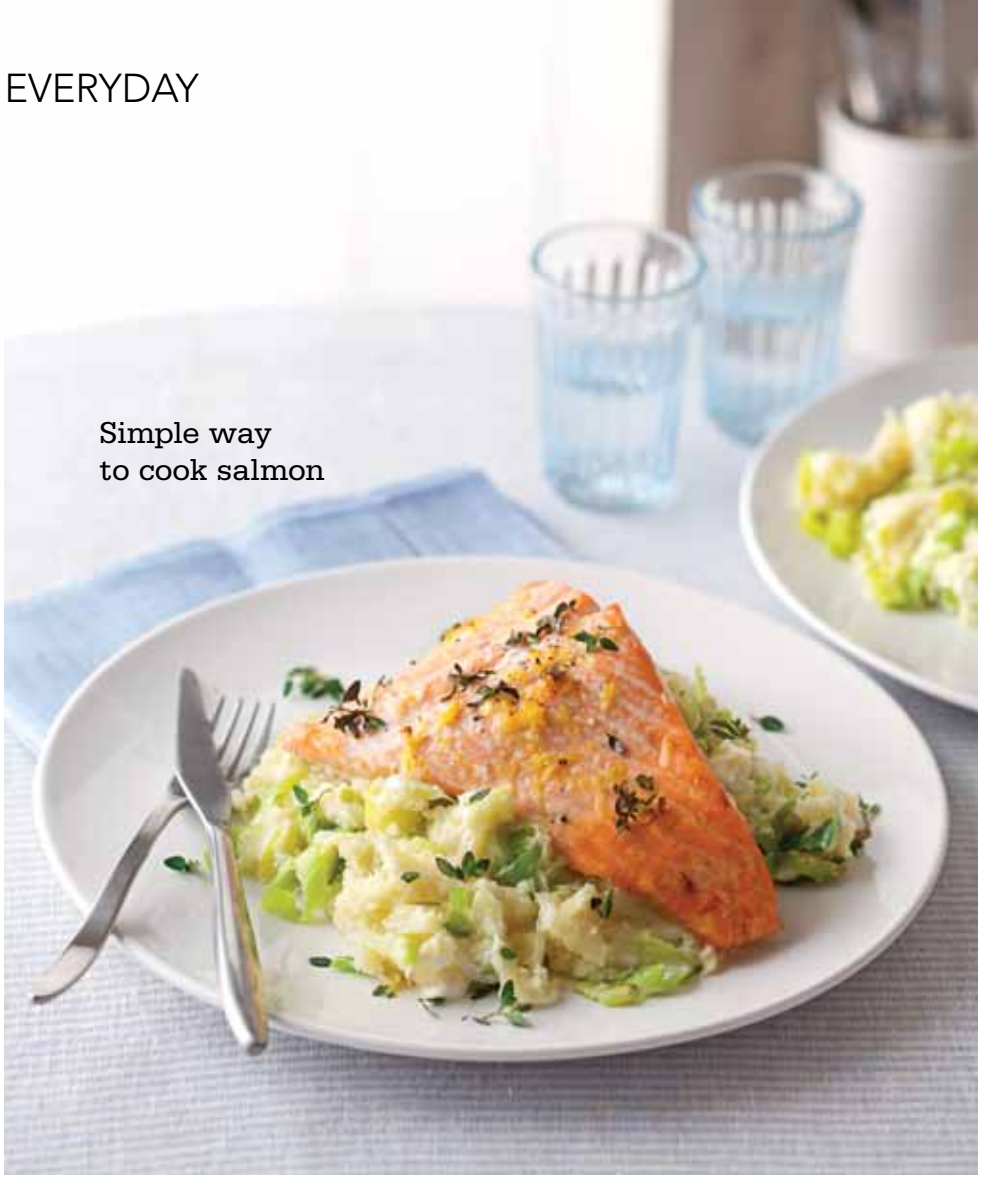
PER SERVING 236 kcals, protein 16g, carbs 7g, fat 16g, sat fat 5g, fibre 2g, sugar 6g, salt 0.5g

Serve with salad on the side



Noix de Saint-Jacques au parmentier de céleri-rave et pomme de terre, jus de volaille

Pan fried king scallops on a potato and celeriac risotto served with a chicken jus



Salmon with leeks & parsnip mash

SERVES 4 ● PREP 10 MINS ● COOK 25 MINS

Easy Mash only **Superhealthy** Heart healthy, good source of omega-3, vit C and folic acid, counts as 3 of 5-a-day

4 x 130g/4½oz salmon fillets
juice and finely grated zest 1 lemon
2 tbsp thyme leaves
1kg/2lb 4oz parsnips, chopped
4 tbsp fromage frais
1 tbsp olive oil
2 leeks, thinly sliced

1 Heat oven to 200C/180C fan/gas 6. Place the salmon pieces into a roasting tin, squeeze over the lemon juice and scatter with ½ the zest. Season and sprinkle over ½ the thyme. Roast for 15 mins until salmon is cooked through.

2 Meanwhile, bring a lightly salted pan of water to the boil and cook the parsnips for 15 mins, until tender. Drain well, then mash with the remaining lemon zest and the fromage frais. Keep warm.

3 Heat the oil in a non-stick frying pan. Cook the leeks over a medium heat for 6-8 mins, adding a splash of water and covering with a lid after 5 mins, until soft. Stir the leeks into the mash and serve with the salmon, scattered with the remaining thyme leaves.

PER SERVING 452 kcals, protein 33g, carbs 34g, fat 21g, sat fat 4g, fibre 13g, sugar 16g, salt 0.23g

MAKE IT DIFFERENT

Salmon with pea crush

Cook the salmon as above, then boil **500g new potatoes** instead of the parsnips, adding **500g frozen peas** for the final 3 mins. Drain and roughly crush with the fromage frais and zest. Stir in the leeks and serve with the salmon.



Mediterranean vegetables with lamb

SERVES 4 ● PREP 15 MINS ● COOK 30 MINS

Easy **Superhealthy** Good source of vit C, counts as 3 of 5-a-day

1 tbsp olive oil
250g/8oz lean lamb fillet, trimmed of any fat and thinly sliced
140g/5oz shallots, halved
2 large courgettes, cut into chunks
½ tsp each ground cumin, paprika and ground coriander
1 red, 1 orange and 1 green pepper, cut into chunks
1 garlic clove, sliced
150ml/¼pt vegetable stock
250g/9oz cherry tomatoes
handful coriander leaves, roughly chopped

1 Heat the oil in a large, heavy-based frying pan. Cook the lamb and shallots over a high heat for 2-3 mins until golden. Add the courgettes and stir-fry for 3-4 mins until beginning to soften.

2 Add the spices and toss well, then add the peppers and garlic. Reduce the heat and cook over a moderate heat for 4-5 mins until they start to soften.

3 Pour in the stock and stir to coat. Add the tomatoes, season, then cover with a lid and simmer for 15 mins, stirring occasionally until the veg are tender. Stir through the coriander to serve.

PER SERVING 192 kcals, protein 17g, carbs 11g, fat 9g, sat fat 3g, fibre 4g, sugar 10g, salt 0.25g

Artichoke, red onion & rosemary risotto

SERVES 4 ● PREP 15 MINS ● COOK 35 MINS Easy **Superhealthy**
Good source of vit C, counts as 2 of 5-a-day, Low fat

1 tbsp olive oil
2 red onions, sliced into thin wedges
2 red peppers, cut into chunks
2 tbsp rosemary needles
140g/5oz arborio risotto rice
150ml/¼ pt white wine
850ml/1½ pts low-salt vegetable stock
400g tin artichoke hearts in water, drained and halved
2 tbsp grated Parmesan
2 tbsp toasted pine nuts

1 Heat the oil in a large frying pan or wok. Cook the onions gently for 6-7 mins until softened and browning. Add the peppers and rosemary and cook for a further 5 mins. Add rice and stir well.
2 Pour in the wine and ⅓ of the stock. Bring to the boil then reduce the heat and simmer gently, stirring occasionally until almost all the liquid is absorbed.
3 Stir in another ⅓ of the stock and simmer again, until it's all absorbed. Add the final ⅓ with the artichokes and simmer again until rice is tender.
4 Season and stir in the Parmesan and ½ the pine nuts. Scatter over the remainder and serve.

PER SERVING 299 kcals, protein 9g, carbs 44g, fat 10g, sat fat 2g, fibre 4g, sugar 9g, salt 0.65g

MAKE IT MEATY

Turkey ham, artichoke & basil risotto

Leave out the rosemary, but cook the risotto as above. When the rice is cooked, stir in **85g diced**, **lean turkey ham** and a **small handful basil leaves**. Drizzle with some good **balsamic vinegar** to serve.

La Tourangelle moments

Whether you are drizzling black truffle oil over pappardelle, or using almond oil to create a gorgeous crust on your crispy halibut, these two La Tourangelle oils are outstanding products for your kitchen



INFUSED BLACK TRUFFLE OIL

La Tourangelle Black Truffle Oil begins with expeller-pressed grapeseed oil, which is slowly infused with natural black truffle aroma following a 150-year-old French tradition. Originating in Provence, France, black truffles are one of the most precious ingredients of Mediterranean cooking. The strong, intense, earthy flavor of this oil will bring a deep aroma to your dishes, and will especially complement pasta, mashed potatoes, meat and other dishes.



VIRGIN ALMOND OIL

This unique first press virgin oil is handcrafted in Saumur from the best almonds, and adds a rich almond taste to salad dressing, pasta, grilled meat or fish, baked pastries, and is perfect to dip with bread. The oil reveals subtle nuances when combined with other ingredients. Its delicate character makes it a good substitute for olive oil in cases where walnut oil and hazelnut oil are just too powerful.

VIRGIN ALMOND OIL HUMMUS

Makes about 4 cups

3/4 cup almond oil
3 tbs almonds
two 19-ounce cans chickpeas
4 garlic cloves, chopped
2/3 cup well-stirred tahini
2/3 cup water
5 tbsp fresh lemon juice
1 tsp salt
Parsley sprigs, for garnish
Pita bread, toasts

In a colander rinse and drain chickpeas. Puree all the ingredients in a food processor and refrigerate in a covered bowl. Recipe may be prepared up to this point 3 days ahead. Serve hummus garnished with parsley sprigs and pita toasts.



Perfect for a party!

5 ways with tomatoes



Packed with flavours of the Med, these quick, delicious recipes will give you lots of inspiration PHOTOGRAPHS **LIS PARSONS**

Spiced scrambled eggs

SERVES 2 FOR BRUNCH ● PREP 10 MINS ● COOK 20 MINS Easy V Soften **1 small chopped onion** and **1 chopped red chilli** in a **knob of butter**. Stir in **4 beaten eggs** and a **splash of milk**. When nearly scrambled, gently stir in a **good handful diced tomatoes followed by some coriander leaves**. Season and eat on toast.

PER SERVING 236 kcals, protein 16g, carbs 3g, fat 18g, sat fat 6g, fibre 1g, sugar 3g, salt 0.51g

Roasted tomatoes with peppers, garlic & thyme

SERVES 6-8 AS A STARTER ● PREP 15 MINS ● COOK 1 HR Easy V *Superhealthy* *Counts as 2 of 5-a-day*

Halve **200g small plum tomatoes**, thinly slice **3 garlic cloves** and strip leaves from **3 thyme sprigs**. Halve **6 red peppers**, remove core and seeds, then pack into a baking dish, cut-side up. Divide the tomatoes, garlic and thyme between each pepper half and scatter each with a pinch each of sugar, salt and pepper. Drizzle over **5 tbsp olive oil** and bake for 1 hr at 200C/180C fan/gas 6 until tender. Eat with **crusty bread**, more olive oil and good **balsamic vinegar**.

PER SERVING 140 kcals, protein 2g, carbs 12g, fat 10g, sat fat 1g, fibre 3g, sugar 11g, salt 0.36g

Creamy tomato soup Easy V

SERVES 4 ● PREP 15 MINS ● COOK 30 MINS

Soften **1 chopped onion**, **200g diced potatoes** and **2 crushed garlic cloves** in **50g butter**. Add **500g cherry tomatoes** and **500ml veg stock**. Cover and simmer for 20 mins, then whizz in a blender. Pour back into the pan, season and heat through to serve.

PER SERVING 175 kcals, protein 3g, carbs 17g, fat 11g, sat fat 7g, fibre 3g, sugar 7g, salt 0.51g

Tomato & mint salad

SERVES 6 ● PREP 25 MINS ● NO COOK Easy V *Superhealthy* *Good source of vitamin C, counts as 2 of 5-a-day*

Slice **1.2-1.3kg mixed tomatoes**. Finely chop **1 red onion** and pull leaves from a **small bunch mint**. Layer the tomatoes on a big platter, scattering each layer with onion, mint and seasoning. Mix **2 tbsp red wine vinegar**, **2 tbsp olive oil** and **1 tsp sugar**, pour over and leave at room temperature until ready to eat.

PER SERVING 77 kcals, protein 2g, carbs 8g, fat 4g, sat fat 1g, fibre 2g, sugar 8g, salt 0.05g

Homemade semi-dried tomatoes

MAKES 1 LARGE JAR (70 PORTIONS) ● PREP 10 MINS ● COOK 3-4 HRS Easy V

Halve **1kg small tomatoes** and spread over a baking tray, cut-side up. Season with salt, pepper and **3 pinches dried oregano**. Drizzle with a little **olive oil**, then roast for 4-5 hrs at 140C/120C fan/gas 1 until semi-dried and chewy. Pack into a jar, top up with more olive oil, and keep in the fridge for up to a week.

PER SERVING 13 kcals, protein none, carbs 1g, fat 1g, sat fat none, fibre none, sugar none, salt 0.03g



Recipes SARAH COOK | Food styling JENNIFER JOYCE | Styling JENNY IGGLEDEN

NawaR

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THE GRAIN OF AN IDEA

Seeds and grains like quinoa and bulgar wheat are super-nutritious and extremely versatile too

Easy seed & grain loaf

CUTS INTO 8 THICK SLICES ● PREP 15 MINS PLUS RISING ● COOK 30-35 MINS Easy Low fat

500g/1lb 2oz mixed grain flour
1 tbsp each sesame and poppy seeds, plus extra for topping
1 sachet fast-action yeast
1 tsp salt
300ml/½pt hand-hot water
2 tbsp olive oil
1 tbsp clear honey

1 Tip the flour, seeds, yeast and salt into a large bowl. Mix the water, oil and honey in a jug and pour into the dry mix, stirring all the time to make a soft dough. If it feels sticky, sprinkle in a little more flour.
2 Turn the dough out onto a lightly floured surface and knead for 5 mins, until the dough no longer feels sticky, sprinkling with a little more flour as you need it.
3 Oil a 1.2-litre loaf tin and put the dough into it, pressing it in evenly. Cover with a tea towel and leave to rise for 1 hr, until it springs back when you press it with your finger. Heat oven to 200C/180C fan/gas 6.
4 Make eight slashes across the top of the loaf, brush with water and sprinkle alternately with poppy and sesame seeds. Bake for 30-35 mins until the loaf is risen and brown. Tip it out onto a cooling rack and leave to cool.

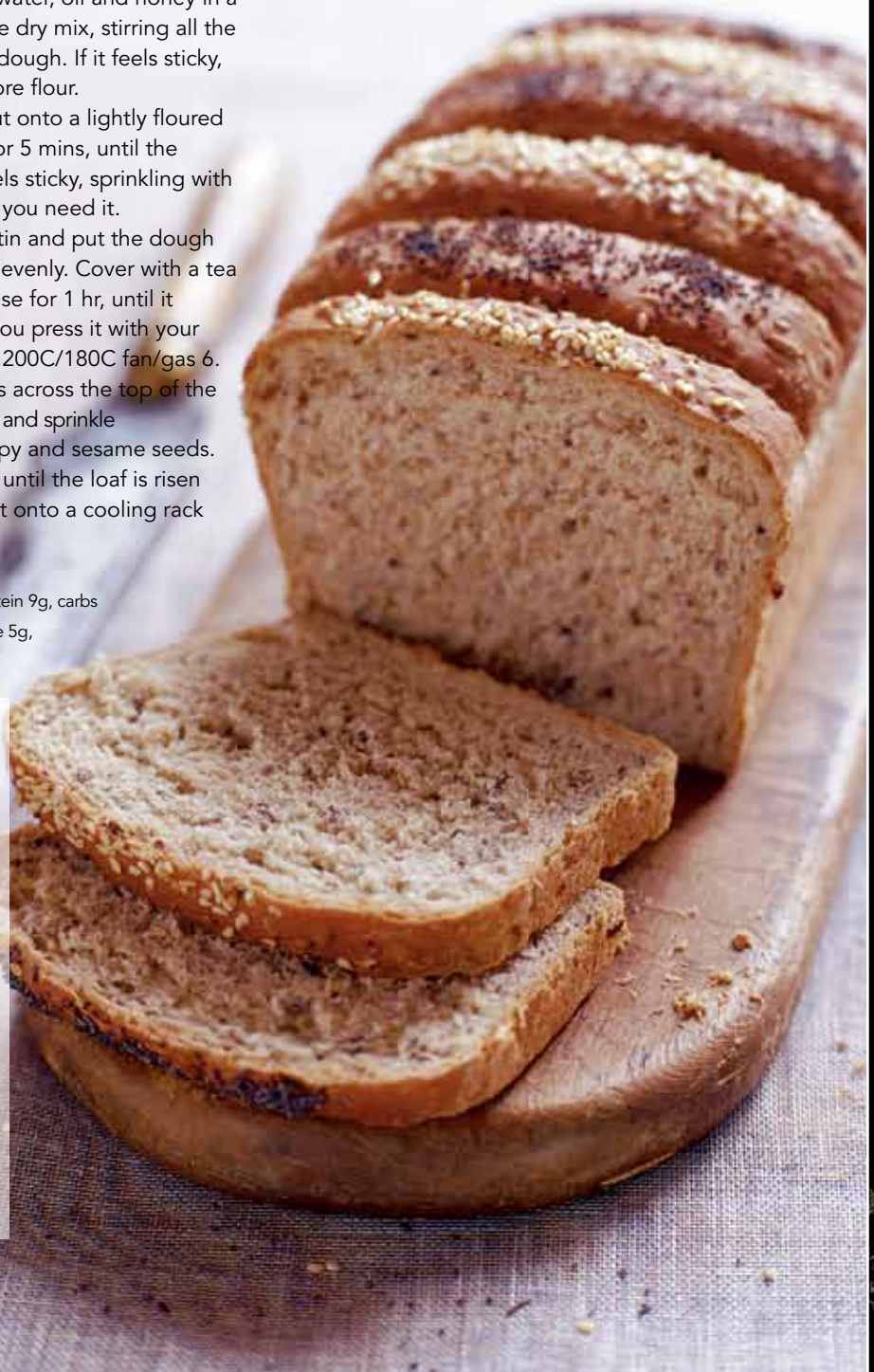
PER SLICE 277 kcals, protein 9g, carbs 45g, fat 8g, sat fat 1g, fibre 5g, sugar 2g, salt 0.65g

HEALTHY BENEFITS

Seeds and grains are packed with goodness, being a source of protein and essential fats as well as minerals such as calcium, magnesium, iron and zinc. Quinoa supplies similar amounts of protein to milk or soya, while bulghar wheat is lower in calories than rice but provides twice the fibre.

MORE IDEAS FOR SEEDS AND GRAINS

- **Add linseeds to homemade muesli. They contain the same Omega-3 and 6 as fish.**
- **Pumpkin seeds are lower in fat than most nuts and seeds and are great in salads and stir-fries.**
- **Use sesame seeds to coat fish or chicken fillets. They contain two antioxidants, selenium and zinc.**
- **Toast sunflower seeds to eat as a snack (they are rich in a number of important nutrients, including zinc and B vitamins).**
- **Pearl barley – rich in fibre and easy to digest – is good for thickening soups and stews.**



Rôti de canette à la sauce de Myrtilles et Pommes Caramélisées

Succulent duck breast cooked 'pink' with bilberry sauce and caramelized apples

The fat that does you good

Not all fats are bad. Some, such as omega-3, are essential to good health. Kerry Torrens explains more about this important oil

Getting the right balance

Our modern diet tends to be high in the unhealthy saturated fats found in meat and dairy foods, as well as a type of polyunsaturated fat called omega-6, found in spreads and some oils, including sunflower. At the same time, our diet is low in healthy omega-3 fat.

Getting the right balance is important because too much saturated fat and omega-6 will reduce our body's ability to use the beneficial omega-3.

Why we need omega-3

Omega-3 fats are the building blocks of every cell in the body – essential for healthy skin, they are vital for our overall wellbeing. They protect against heart disease and improve circulation, reduce the symptoms of inflammation and support our immune function. Omega-3 is particularly important for expectant mums because these fats are critical to the baby's brain development.

How to eat more

One of the best ways to increase your intake and to achieve a balance between omega-6 and omega-3 is to eat more fish, especially oily varieties, such as salmon, trout, mackerel, sardines and fresh or frozen tuna. The Food Standards Agency recommends that we eat at least two portions of fish a week (a portion is 140g), one of which should be an oily fish.

Women of reproductive age should limit oily varieties to two portions per week (because oily fish may contain pollutants), but men, boys and older women can enjoy more. Also, eat nuts, seeds and their oils especially walnut, hempseed, flaxseed and pumpkin seed, and green leafy vegetables and beans, such as the soya beans used in this recipe, right.

Not keen on oily fish? Try these ideas

- Use omega-3 rich eggs (like Goldenlay, Columbus or Intelligent Eating), from chickens fed an omega-3 rich diet. Three eggs provide about the same amount of omega-3 as a portion of salmon.
- Swap your salad dressing oils for flaxseed, hemp, pumpkin and walnut oils.
- Add ground nuts to yogurts, porridge and smoothies. Sprinkle salads, stir-fries and soups with pumpkin or sesame seeds.Spread sugar-free nut or seed butters on toast or add a spoonful to sauces.

Salmon & soya bean salad

SERVES 2 ● PREP 15 MINS ● COOK 10 MINS Easy ***Superhealthy*** *Good source of omega-3, iron, folic acid and vit C, counts as 3 of 5-a-day*

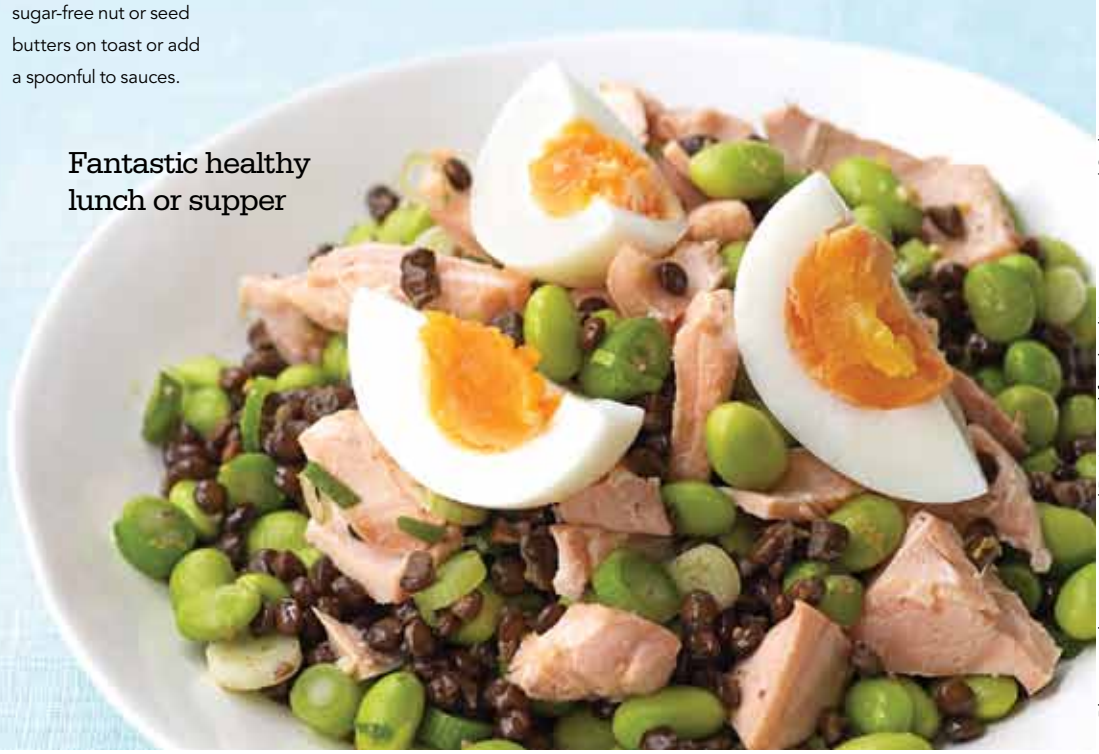
1 large omega-3 rich egg (see panel, left)
200g/7oz frozen soya beans, defrosted
zest and juice 1 lemon
2 tbsp flax seed oil (we used granoVita)
250g pouch Puy lentils
small bunch spring onions, sliced
2 poached salmon fillets, skin removed

1 Put the egg in a pan, cover with cold water and bring to the boil. Cook for 4 mins (or 8 for hard-boiled), adding soya beans to the pan for the final min, then drain and run under cold water to cool. Shell and cut egg into 6 wedges, then set aside.

2 Mix the lemon juice and zest with the oil, season, then stir through the soya beans, lentils and spring onions.
3 Divide between 2 plates, then gently break the salmon into large flakes and put on top of the lentils along with the egg. Try it with seeded brown bread.

PER SERVING 618 kcals, protein 49g, carbs 41g, fat 30g, sat fat 5g, fibre 14g, sugar 6g, salt 1.47g

TIP Increase omega-3 levels in other recipes by swapping smoked salmon for poached, steamed or baked salmon. Omega-3 fats are delicate and some will be lost during the smoking and cooking process. It's more expensive, but wild fish is also a rich source of omega-3.



Fantastic healthy lunch or supper

Photograph CAROLYN BARBER | Recipe and food styling ROSIE REYNOLDS | Styling JENNY IGGLEDEN

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Make your own pesto

Wherever you need a whack of unmistakable Italian flavour, swirl in, dollop on or spread over a layer of fresh basil pesto. It's really simple and economical to make your own

Take a trip to any supermarket and there will be a whole shelf devoted to pestos of all colours and descriptions, plus fresh-chilled pesto, too. But nothing tastes quite like homemade – and if you whip up a large batch it's gentler on your pocket than buying ready-made. Keep it in the fridge, covered with a layer of olive oil for up to two weeks, or in small pots in the freezer for up to 3 months.

Easy homemade pesto

MAKES 250ml EASILY DOUBLED ● PREP 2 MINS ● COOK 5 MINS

50g/2oz pine nuts
large bunch basil, leaves and stalks
50g/2oz Parmesan
150ml/¼pt olive oil, plus extra for storing
2 garlic cloves

1 Tip the pine nuts into a frying pan, then toast over a medium heat for about 5 mins, stirring often, until evenly golden. Cool, then put into a food processor with all of the remaining ingredients. Whizz until smooth, then season to taste.
2 Pour pesto into a jar and cover with a little extra oil, then seal and store.

PER TBSP 105 kcals, protein 2g, carbs none, fat 11g, sat fat 2g, fibre none, sugar none, salt 0.06g



Garlic & basil ciabatta

SERVES 4 ● PREP 5 MINS ● COOK 3 MINS

Heat grill to high. Beat 2 tbsp softened butter with 2 tbsp basil pesto, then season. Slice 1 medium ciabatta loaf in half, spread with the butter, sprinkle over 2 tbsp grated Parmesan, then grill for 2-3 mins.

APERITIVO ITALIANO...





MILAN – ROME – TURIN – BALCELONA – MADRID – DUBAI: Aperitivo," the rich uncle of the "Happy Hour," is the beloved Milanese tradition of pre-dinner drinks accompanied by complimentary "stuzzichini," or appetizers.



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at the end of a day

Sunday till Wednesday
From 4:00 pm till 8:00 pm

AED 68.00 per person

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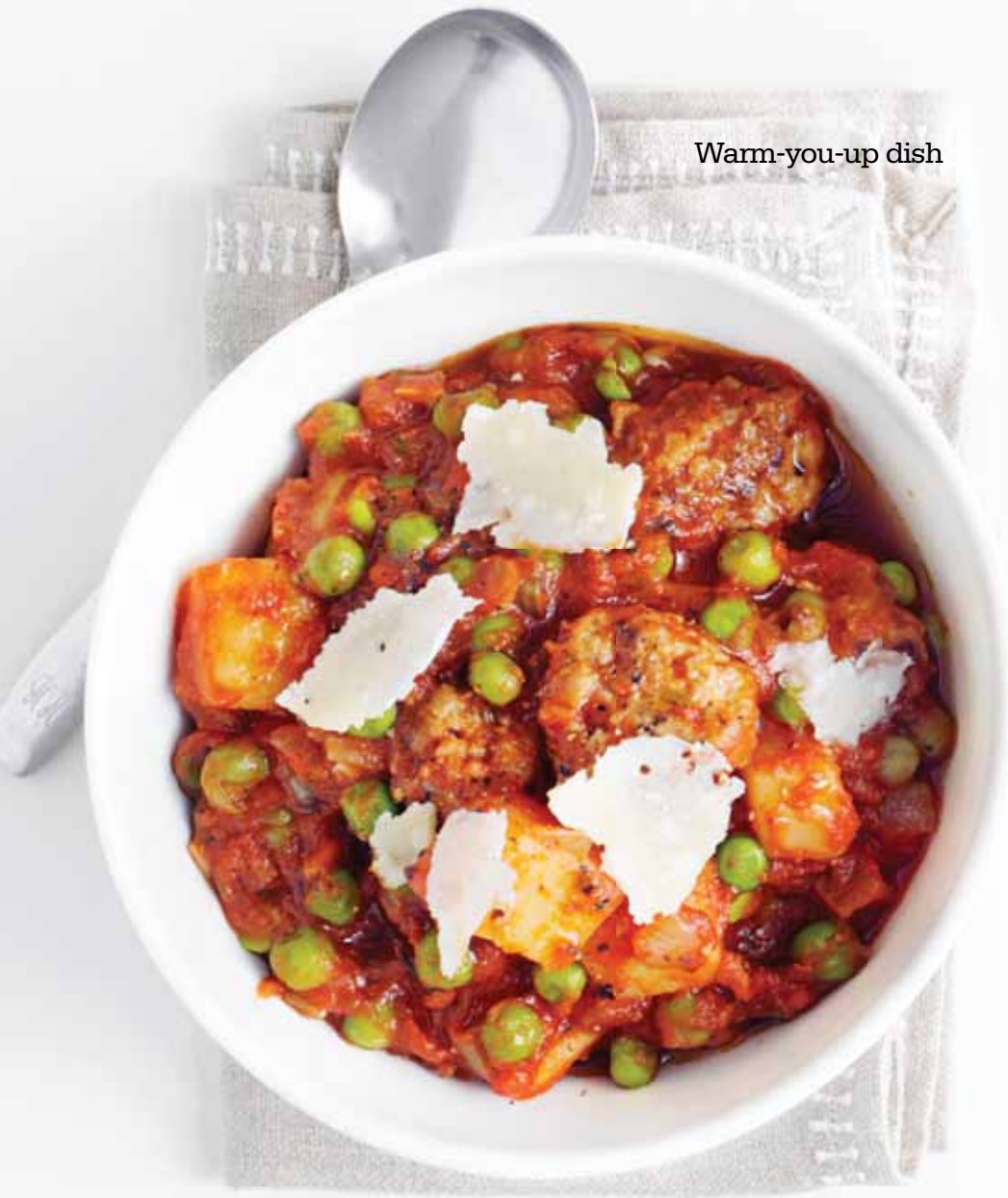
"Il Caffè di Roma" at The Walk,
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IL CAFFÈ DI ROMA
LAVAZZA

Packed with flavour

Jennifer Joyce rustles up satisfying make-ahead meals – perfect to pop into a lunchbox for work, school or college

PHOTOGRAPHS **MYLES NEW**



Warm-you-up dish

Speedy meatball stew

MAKES 4 LUNCHES EASILY HALVED ● PREP 5 MINS ● COOK 15 MINS Easy Low fat

2 medium potatoes, peeled and cut into bite-size cubes
1 tbsp olive oil
250g pack small lean beef meatballs
1 onion, chopped
2 garlic cloves, chopped
1 tbsp chopped rosemary
560ml jar passata
200g/8oz frozen peas
few Parmesan shavings, to serve (optional)

1 Boil the potatoes for 10 mins until tender. Meanwhile, heat the oil in a large saucepan. Season the meatballs, then brown them all over for about 5 mins. Remove from the pan, drain off any excess fat, then add the onion, garlic and rosemary. Fry gently for 5 mins.
2 Add passata to the pan, bring to a simmer, then add the meatballs. Simmer for 5 mins or until everything is cooked through. Add the potatoes and peas, then simmer for 1 min. Pack into a flask or reheat at work, add Parmesan, if using, and eat with good crusty bread.

PER SERVING 286 kcals, protein 20g, carbs 28g, fat 11g, sat fat 4g, fibre 4g, sugar 9g, salt 1.68g

SAUSAGES IN THE FRIDGE?

Slice the sausages open with a sharp knife, squeeze the meat from the skins and brown in a little oil before adding to the tomato sauce.



So good for you

Spicy chicken & bean wrap

MAKES 1 LUNCH EASILY DOUBLED ● PREP 5 MINS ● NO COOK Easy High in fibre, good source of vitamin C and folic acid, counts as 1 of 5-a-day, low fat

1 large flour tortilla wrap (look for Mission Deli wraps)
handful leftover chicken, shredded
4 tbsp drained black beans or kidney beans
2 tbsp spicy salsa from a jar
4 slices pickled jalepeno (or a good splash Tabasco)
3 cherry tomatoes, halved
handful rocket or spinach leaves

Warm the tortilla in the microwave for 10 secs; this will soften it and makes it easier to roll. Place the chicken and beans along the middle. Season, then spoon over the salsa and scatter with peppers or Tabasco. Lay the tomatoes and leaves on top. Bring the bottom of the tortilla up over the filling. Fold the sides in, then roll into a tight wrap. Pack up tightly to keep it together.

PER SERVING 348 kcals, protein 29g, carbs 47g, fat 6g, sat fat 1g, fibre 6g, sugar 5g, salt 1.05g

SPICY HOUMOUS WRAP

For another great wrap idea, try **houmous**, **shredded carrot** and **chopped red pepper** with **lettuce** and a dollop of **harissa**.

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Greek lamb baguette

MAKES 1 LUNCH EASILY DOUBLED ● PREP 5 MINS ● NO COOK Easy

1 small baguette, cut lengthways
sprinkle olive oil and red wine vinegar
pinch dried oregano
handful leftover lamb
few slices red pepper and red or white onion
shredded lettuce
3 tbsp crumbled feta

Sprinkle the inside of the baguette with a little olive oil, vinegar, oregano and a little seasoning. Layer the lamb, salad veg and feta, then wrap tightly in cling film.

PER SERVING 762 kcals, protein 44g, carbs 77g, fat 33g, sat fat 11g, fibre 4g, sugar 9g, salt 3.46g

PLOUGHMAN'S SARNIE

Try combining **sharp cheddar**, slices of **pear** or **apple**, tangy **chutney** and **rocket** for a change to the usual cheese sandwich.

Beet, spinach & goat's cheese couscous

MAKES 2 LUNCHES EASILY DOUBLED ● PREP 10 MINS ● NO COOK Easy V

zest and juice 1 large orange
140g/5oz couscous
25g/1oz walnut pieces
85g/3oz firm goat's cheese, crumbled
6 dried apricots, roughly chopped
4 small cooked beetroot, quartered
2 handfuls spinach leaves
FOR THE DRESSING
2 tbsp extra virgin olive oil
juice ½ lemon

Put the orange zest, juice and 100ml water in a small pan and bring to the boil. Place the couscous in a medium bowl and pour the hot liquid over. Mix well, then cover and leave to absorb for 5 mins. Fluff up the grains with a fork, then add the walnuts, cheese, apricots, beetroot and seasoning. Mix the oil and lemon juice (or use your favourite bought vinaigrette), then toss well. Pack in two sealed containers, with the spinach sat on top (it won't go soggy when layered up this way). When ready to eat, toss the spinach through.

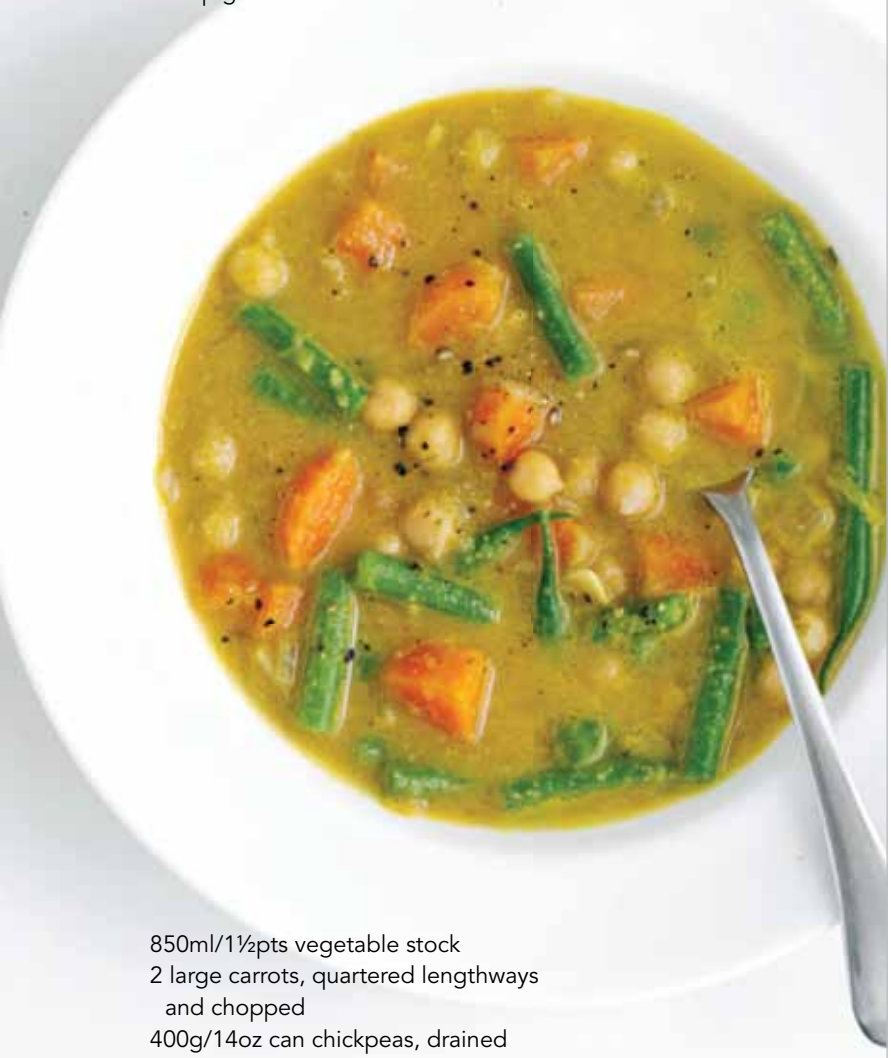
PER SERVING 601 kcals, protein 21g, carbs 57g, fat 34g, sat fat 11g, fibre 5g, sugar 22g, salt 1.13g



Indian chickpea & vegetable soup

MAKES 4 LUNCHES EASILY HALVED • PREP 10 MINS • COOK 15 MINS
Easy V ❄ ✓ HIGH IN FIBRE, COUNTS AS 2 OF 5-A-DAY, LOW FAT

1 tbsp vegetable oil
1 large onion, chopped
1 tsp finely grated fresh root ginger
1 garlic clove, chopped
1 tbsp garam masala



850ml/1½pts vegetable stock
2 large carrots, quartered lengthways and chopped
400g/14oz can chickpeas, drained
100g/4oz green beans, chopped

Heat the oil in a medium saucepan, then add the onion, ginger and garlic. Fry for 2 mins, then add the garam masala, give it 1 min more, then add the stock and carrots. Simmer for 10 mins, then add the chickpeas. Use a stick blender to whizz the soup a little. Stir in the beans and simmer for 3 mins. Pack into a flask or, if you've got a microwave at work, chill and heat up for lunch. Great with naan bread.

PER SERVING 168 kcals, protein 7g, carbs 23g, fat 6g, sat fat none, fibre 6g, sugar 10g, salt 0.66g

WMF Profi Plus kitchen gadgets

Stylish and contemporary, the WMF Profi Plus set of kitchen gadgets are designed to meet the highest cooking standards.

Built from the extremely durable Cromargan - 18/10 stainless steel, it is absolutely stable and durable, watertight with seamless joints, and easy to wash by hand or dishwasher. A design that is both sophisticated and timeless, it is an ideal fit for every modern kitchen. WMF Profi Plus has tools to make every culinary task easier, no matter if you're garnishing, baking, turning, whisking, skimming, shredding, mashing or flattening.

Below is a complete set of basic kitchen tools from WMF Profi Plus that is a must-have for every kitchen...





Ladles and serving pieces
- Skimming ladle
- Sauce ladle
- Pouring ladle with pouring lip to avoid spilling
- Pasta serving spoon
- Serving spoon (20cm)

Whisks

Whisks are an essential part a kitchen. There's no better way to make smooth sauces or blend ingredients for pancakes or waffles.
- Mini whisk (4 loops, 20 cm)
- Flexi whisk (27 cm)

Turners, meat mallets and strainers
- Fish slice or spatula
- Angled spatula
- Palette knife
- Meat fork
- Meat hammer
- Kitchen tongs



Non stick (Heat resistant up to 270 degrees C.)
- Fish slice
- Soup ladle
- Skimming ladle

Strainers
- Tea strainer
- Mesh strainers (8cm, 12 cm & 20 cm)

Other useful kitchen tools
- Lemon zester
- Lemon grater
- Bottle opener
- Tin opener
- Apple corer
- Melon or potato Scoop
- Vegetable peeler
- Potato peeler
- Garlic press
- Olive spoon
- Bakery brush
- Silicone bakery brush
- Dough scraper
- Pizza or lasagne server

Tavola stores are located in Mall of the Emirates, Level-2, 04-3402933; Century Plaza, Jumeirah Beach Road, 04-3445624; Spinney's Centre, Umm Suqeim, 04-3948150; Emirates Hills, Town Centre, 04- 3618181; Mirdif City Centre, Mirdif, 04-2843548

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Miele's supreme steam oven

The Combination Steam Oven from Miele offers unique possibilities for preparing meals, with healthier, deliciously-gourmet results

Cooking appliances play a key role in preparing a perfect meal. And Miele, the premium German household appliance manufacturer, repeatedly delivers new innovations of how kitchen appliances can contribute to food preparation. The latest innovation is the Miele Combi Steam Oven. The Miele DGC 5080 XL large capacity luxury steam oven is perfect for fast results, delicious flavour and maximum nutrition. The latest addition to the award-winning line up of Miele's cooking appliances, this steam oven makes quick and easy work of family meals or dinner party menus, combining all the benefits of steam cooking with the programmes and functions of a high-spec conventional oven.

Speed, functionality and quality are married with state-of-the-art technology and design. At the touch of a button, the futuristic stainless steel fascia lifts away from the wall and upwards to reveal a 39-litre cabinet. A condensation jug sits behind the fascia panel to hold water and stop steam escaping to the kitchen, and is easily accessible for cleaning and care.

Cooking with steam is the ideal choice for those who enjoy eating healthily, or simply for those who value speed, convenience and great results every time. Steaming food maintains the intensive, unspoiled, natural flavour of food and scientific studies have proven that vegetables retain 50 percent more vitamin C when cooked with steam.

Miele steam ovens offer true versatility - perfect for making soups, pasta, rice, pulses, eggs, fish, and puddings as well as vegetables.

This new model accurately measures and regulates the quantity of steam in the oven to ensure food is kept perfectly moist, making those roasts that much more succulent and delicious. The technology combines a variety of cooking techniques, using a thermometer probe and settings that range from Automatic to Gourmet. You have the control to ensure that your roast beef is rare, medium or well done on the inside and crispy brown on the outside.

When the appliance is set to automatic, the user does not need to enter the weight of the roast, nor do they need to worry about food probes and core temperatures. However, selecting the gourmet mode allows the user to specify the type and length of cooking. A simple rule of thumb for this is that low temperatures and longer cooking times generally produce better results

The ideal accessory for this Combi Oven is the matching food warming drawer.

Winner of several renowned and international awards such as the IF Product design award, Red Dot Award, this combi steam oven is a perfect compilation of stunning design along with unparallel excellent quality of materials, workmanship, functionality, operation, ergonomics and safety.

THE FEATURES OF THE MIELE COMBI STEAM OVEN

- A stunning, motorised lift-up control panel conceals the water container, food probe and condensation tray.
- A wireless food probe that controls the core temperature of the food and can be stored inside the oven door.
- The touch controls are easy to use and look after
- There are around 150 automatic programmes and cooking styles to choose from, making temperature, time and function settings unnecessary.
- Through user programmes you can programme and save up to 30 settings to prepare your favourite dishes.
- The Combi Steam Oven is very easy to clean.



For more information about this product, email info@miele.ae or call 800-MIELE.

In Jamie's kitchen

Rustic, eclectic and bursting with the flavours of Italy, Jamie Oliver's first restaurant outside the UK opened in Dubai a few months ago. *BBC Good Food ME* met up with sous chef Jamie Robertson of Jamie's Italian to learn to cook some of the signature dishes on the menu





A fantastic sharing menu, the Antipasti Misti is a selection of delectable Italian starters

A tomato-red vespa stacked with Jamie Oliver cookbooks is the first thing you see as you walk into Jamie's Italian, and beyond it is an open-plan kitchen and a gorgeous wood-fire oven that is used for baking fish, bread, pizzas and other dishes. The restaurant is a welcome feast for the senses, as industrial warehouse decor meets chic, stylish eatery in a place where tins of tomatoes and baskets of vegetables line the walls and dramatic glass chandeliers hang from the ceilings. Interesting, innovative and uniquely-Italian, the restaurant is an inviting place to experience Jamie Oliver's verve for Italy.

"Since I was a teenager I've been totally besotted by the love, passion and verve for food, family and life itself that just about all Italian people have, no matter where they're from or how rich or poor they may be. And that's what I'm passionate about – good food for everyone, no matter what," says Jamie Oliver

"Jamie's Italian is about feeling at home and being comfortable in the restaurant; enjoying good, fresh food with friends and family at a reasonable price. We stick to seasonal ingredients, and use free-range, organic and locally sourced products as much as possible. Jamie Oliver's ethos to cooking and life really comes through in the restaurant," says Jamie Robertson, sous chef of Jamie's Italian, who moved from Liverpool in the UK to open Jamie's Italian with the new team.

Chef Jamie created a fantastic antipasti selection for us, which comes to the table served on a bread board made from antique Italian wood that is propped up on tomato tins. Bresaola, oak-smoked chicken, Venetian-style fish and Roman-style buffalo mozzarella with a zingy chilli jam were some of the delicious antipasti on offer.

After the antipasti, it was to the wood-fire oven where he prepared the fish of the day, the Fasker. The whole fish is used, and is prepared very simply, and served with rocket, herb and caper salad. Chef Jamie says that any good baking fish such as sea bream will work well for this dish. Lastly, he created one of the favourites on the menu, the wild truffle tagliatelle, which is created with finely-shaved wild black truffles tossed with butter, parmesan and nutmeg.

A real taste of Jamie Oliver's Italy, these recipes that follow epitomise the Jamie's Italian menu, celebrating fresh produce and the best ingredients as the star of every dish. Don't overcomplicate things, and enjoy your time preparing the food for friends and family.

Photography CRIS MEJORADA



Boconcini in creamy Romano dressing

Such a simple recipe, this really gives the cheese a different flavour and it's great for sharing

a tub of good boconcini (baby mozzarella), available at any good supermarket/deli
100g crème fraiche
50ml cream
1 small chilli
a few sprigs of mint
some good olive oil

1 Open the tub of mozzarella and pour the juice into a mixing bowl, add the cream and crème fraiche to the bowl and whisk until they combine. Add a touch of pepper and a little salt and leave to one side.
2 Tear the boconcini balls in half (this just makes it look nice and rustic), and toss in the dressing. Leave in the dressing for a few minutes as the cheese will absorb it slightly.
3 In the mean time de-seed the chilli and finely dice/tear the mint.
4 Put the marinated mozzarella into a serving dish sprinkle with the chilli and torn mint and drizzle with some good olive oil.

Venetian style fish

250g filleted fish, (sea bass, sea bream, red mullet work well)
15g plain flour
20g sultanas
20g pine nuts, toasted
30g red onion 30ml red wine vinegar
10ml olive oil
a few fresh parsley leaves

1 Pat the fish dry with a cloth then dust in the flour, heat a frying pan over a medium heat and drizzle some oil in the pan, place the fish fillets into the pan skin side down and cook for two minutes, turn and cook for a further minute, remove from the pan and place in the serving plate.
2 In the same pan gently soften onions, then add the capers, pine nuts and sultanas gentle cook for a minute then add the vinegar simmer for a few minutes to infuse the flavours, as you are about to pull it off add the parsley leaves and pour over the fish.

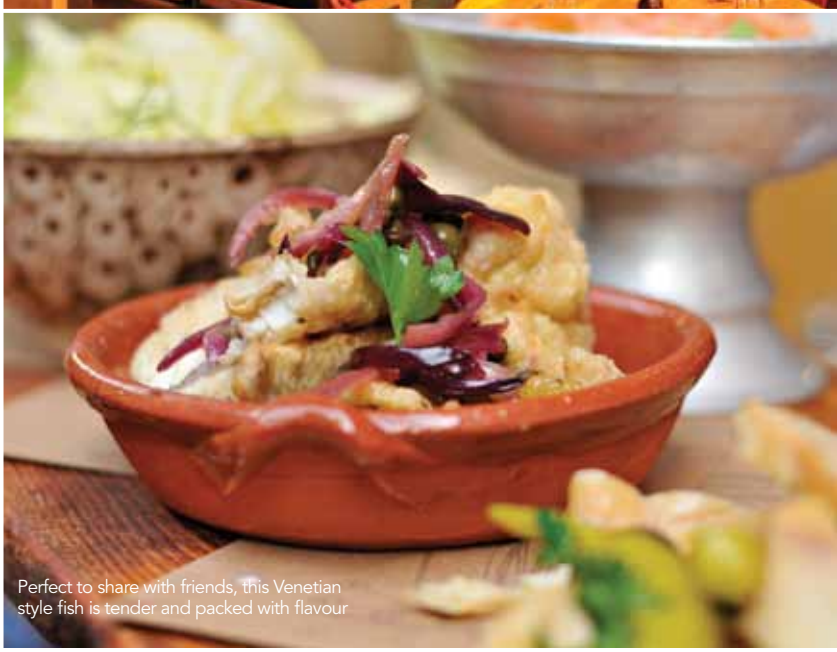








The decor is rustic, inviting and filled with different textures



Perfect to share with friends, this Venetian style fish is tender and packed with flavour





Fresh pasta is created daily at Jamie's Italian

Wild truffle tagliatelle

150g fresh tagliatelle
150g fresh Tagliatele pasta (you can use dry if you can't find fresh but the flavour from fresh is so much better)
40g truffle butter (see recipe below)
75ml vegetable stock
5g parmesan
1 fresh nutmeg
truffle essence or oil (for the butter)
20g fresh black truffle (for butter and garnish)

METHOD FOR TRUFFLE BUTTER

If you can't get fresh truffles, infused truffle oil will work. It's best to get this made the night before to give all the flavour time to infuse together this recipe is for roughly 100g of truffle butter

1 Take 100g of unsalted butter out of the fridge and leave in a small mixing bowl for around an hour until it becomes room temperature and soft enough to mix. Add 15g of finely grated black truffle and about 10ml of truffle essence.
2 Mix all of these together thoroughly, then take some cling film and spread it out flat on your work bench, spoon the butter onto the cling film, roll into a sausage shape and chill in the fridge.

METHOD FOR THE TRUFFLE TAGLIATELLE

1 To make this dish you'll need one large sauce pan (big enough to hold 2 litres of water) and one medium sized one. In the large pan, put 1 litre of water and leave on the stove to come to boil. A little tip here is to make sure you add a good handful of salt to the water, as this help to give you the best flavour in your pasta.
2 Take the other pan and place it on the heat and leave to get hot, this dish doesn't take long to put together, so if you're using dried pasta, put it on in plenty time to be sure it will be ready when you need it; follow the packet guidelines if you are not sure on the timings for dried pasta. Fresh pasta will take 2 minutes tops, so drop this into the boiling water when you start to make the sauce.
3 Once the pan is hot, add the 75ml of stock which should start boiling straight away, and add the 40g of truffle butter. The trick here is to cut the butter into small pieces so it will emulsify with the stock; this is just a chef's way of saying it needs to melt quickly to give a silky shiny sauce.
4 Once the pasta is cooked drain into a colander and save a little of the water. Add the pasta and small amount of water to the pasta sauce and toss together.
5 Adding some of the pasta water to the dish stops it from becoming dry as the pasta will begin to absorb all the big flavours from the tasty sauce you have just prepared.
6 Serve this up in a bowl and freshly grate the parmesan on top. Dust with the rest of the fresh truffle and good glug of extra virgin olive oil.

Start the day right

A good breakfast and a cup of coffee will give you the boost you need for a successful day ahead. Team this classic eggs benedict with a delicious cup of Continental Coffee

Tulsidas ESTABLISHED 1870

Eggs Benedict

SERVES 6 ● 30 MINS **A little effort**

6 English muffins, halved
butter for spreading
6 thick slices turkey ham, cooked
100ml white wine vinegar
6 eggs

HOLLANDAISE SAUCE
6 tbsp white wine vinegar
10 black peppercorns
2 bay leaves
3 egg yolks
300g butter, melted and poured into a jug
1/2 lemon, juiced

1 To make the hollandaise, put the white wine vinegar in a small pan with the peppercorns and bay leaves. Bring to the boil, then cook until reduced down to about 3 tbsp. Cool.
2 Put the egg yolks in a large heatproof bowl and put it over a pan of barely simmering water (make sure the bowl isn't touching the water as it will get too hot).
3 Heat the oven to 160C/fan 140C/gas 3. Strain roughly 1 tbsp of the vinegar reduction into the yolks. Whisk for 2 minutes until the mixture turns pale. Remove the pan from the heat and, little by little, whisk in the melted butter, making sure each addition is whisked in completely before adding any more. Continue until all the butter is incorporated and the sauce is thick and creamy. Whisk a pinch of salt into lemon juice. Put a sheet of clingfilm on the surface of the sauce so it doesn't form a skin (you can keep it warm by putting it back over the water, off the heat).
4 Halve and toast the muffins until golden, spread on a little butter, then sandwich a piece of ham in the middle and put in the oven to keep warm.
5 To poach the eggs, fill a large saucepan with water and add 100ml of white wine vinegar, then bring to the boil (the vinegar helps to firm up the egg white, especially if they're not very fresh). Turn the heat down so the surface of the water is just moving and break the eggs as close to the surface as possible, one after the other. Every time you add an egg the temperature will drop, so adjust the heat accordingly. Cook for 2-3 minutes then lift out with a slotted spoon and blot on kitchen towel.
6 Put the muffins on warm plates, lift the top and place an egg on top of each slice of turkey ham and then spoon over a good amount of sauce so it covers the egg and dribbles down the side. Season with pepper, gently place the top back on each one to serve.

PER SERVING 765 kcals, protein 24.1g, carbs 31.7g, fat 60g, sat fat 33.4g, fibre 1.3g, salt 3.06g



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On the rise

Crusty French baguettes, warm Turkish balloons, soft Greek pitas – bread is created and eaten in different ways across the globe. *BBC Good Food ME* explores a few varieties of Mediterranean bread

Greek

Chef Elias, the pastry chef of Elia Greek Restaurant, The Majestic Hotel shares his passion for the heritage of Greek bread making

What types of bread are typically Greek?
Bread is an integral part of the Greek diet. Apart from the most popular Xoriatiko (village) loaf, which is a crusty white loaf in an oblong shape, Greeks use the blessings from their rich land to give flavour and aroma to their breads. The use of herbs, cheese, oregano, olives, saffron and wholegrains in bread is a widespread practice in Greece. In Elia we are famous for our carob bread and our tiganita, a lightly fried flat bread, topped with grated Gruyere cheese from Naxos island. We must also not forget the Greek Pita bread which is commonly used to wrap gyros and souvlaki. Dipped in olive oil, thrown on the grill then generously seasoned with oregano, salt, pepper and paprika.

How is the bread made, which makes it uniquely-Greek, and different to other styles of bread?
It is very difficult to get or even make the traditional Xoriatiko loaf outside of Greece, even though the ingredients seem similar to those used in other kinds of crusty white breads. The key is the flour - a type of grain flour. The remaining ingredients are of course water, yeast, salt, sugar, some honey and some milk. Greeks are extremely conscious of using natural ingredients and avoiding additives and preservatives.

How is bread enjoyed in an authentic Greek way?
Every Greek meal is accompanied by slices of the thick textured country bread. In the morning, with rich Greek thyme honey or homemade jams, as a snack with feta cheese and olives, and of course accompanying lunch or dinner. The bread is ideal for dipping in salads, tzatziki, taramaslata and other Greek delicacies. Greeks will go out of their way to buy a good fresh loaf. Everyone has an opinion about who is a good baker and most have developed a good relationship with their baker, after all they see him/her every day when buying their fresh loaf! In a Greek house, there is always bread on the table. There is no breakfast, lunch or dinner for a Greek without bread.





Greek carob bread



Elia's Rosemary herb bread made with fresh olive oil and a crust of coarse salt on top

Other than Elia, where do you think you can get great quality Greek bread in Dubai?
There are a few Greek ladies who make great home-made Greek bread. I wish Greek bread could be more wide-spread in Dubai!

How does the tradition of Greek bread making differ to other Mediterranean styles of bread (Italian, French for example)?
Because bread is the number one staple in Greece, the tradition of Greek bread making spills over into so much more than cuisine. It has a social impact; baker's ovens became the focal point of village life, even acting as a communal kitchen, as women would bring in not only their breads to be baked, but prepared meals, such as casseroles, to be slow cooked in the embers of the bread oven. In a way, bread is so much more than bread in Greece, it is history and heritage.

Photography CRIS MEJORADA






Turkish

Hassan Droubi, regional chef of Köşebaşı in Middle East, shares the story of Turkish bread with us

What types of bread are typically Turkish?
The white balloon and brown balloon is instantly baked bread, served hot, straight from oven. It is great with appetisers. Lavach bread is very thin white bread served with the mixed grill and is used to wrap meat and for sandwiches. Sesame round bread is a heavy white loaf served at breakfast, or for dipping in soup. The Turkish bagel (round spiral bread) is served during breakfast and is delicious with white Turkish cheese.

How is the bread made, that makes it uniquely-Turkish, and different to other styles of bread?
The main ingredients used is two kinds of flours (white or brown), two kinds of sesame seeds (white and black), fresh eggs, pommes grenade sauce, fresh yeast, salt and pepper. The bread is handmade, freshly baked and served to our guest straight away.

How is bread enjoyed in an authentic Turkish way?
The balloon bread is delicious dipped in hummus and other mezze, while the lavache bread, a thin bread, can be eaten as mini bites sandwiches with the beef and kebab and the round sesame bread is delicious dipped in soup.

Other than Köşebaşı in JBR, where can you get top Turkish bread in Dubai?
There is no Turkish bread like Köşebaşı's in the market, since many restaurants serve bread that you can find in any supermarket.

How does the tradition of Turkish bread making differ to Lebanese or other Arabic styles of bread?
Most Arabic bread is heavy, round and eaten cold, while the Turkish bread is light, comes in many shapes (such as triangular and oval), must be eaten hot and is always made by hand.

Italian

We explore Italian bread making with Fabrice Cardelec, complex executive pastry chef for Le Meridien Mina Seyahi and The Westin Dubai who creates bread for Bussola Italian Restaurant

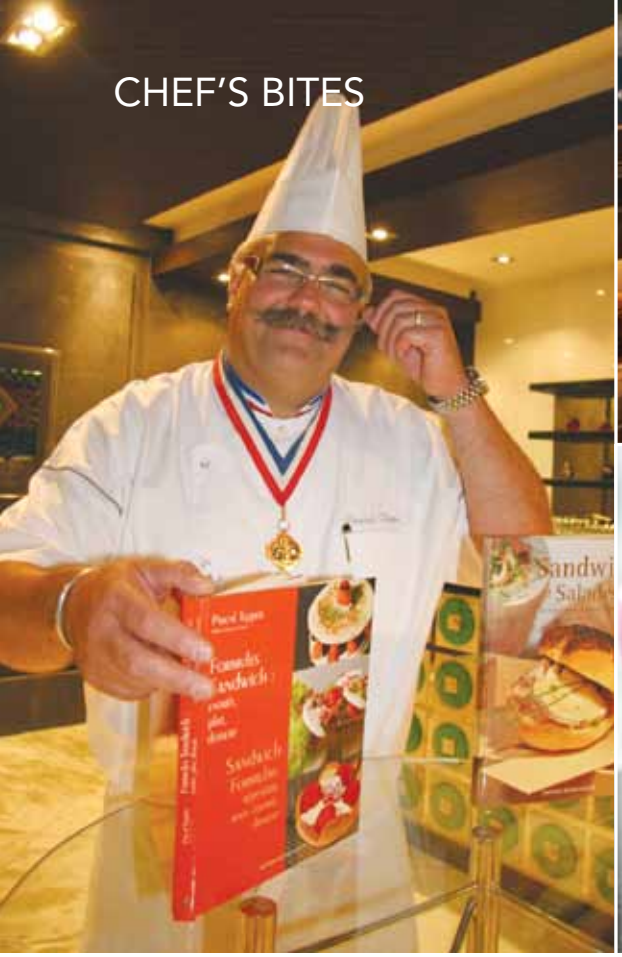
What types of bread is typically Italian?
There are varieties of Italian breads, which differ from region to region. Foccacia, ciabatta, pannini are perhaps the best known all around the world, and the bread is often quite porous and chewy; perfect for soaking up olive oil, balsamic vinegar and chopped up tomatoes.

How is the bread made that makes it uniquely-Italian, and different to other styles of bread?
Italian bread is all about being traditional and homemade, using fresh products such as olive oil, basil, tomato, olives… the olive oil brings softness and flavour to the bread.

Typically, how is bread enjoyed in an authentic Italian way?
With olive oil, balsamic vinegar, but also with cold cuts like bresaola and prosciutto. It is also typically eaten with foods such as osso bucco.

Other than Bussola, where do you think you can get top Italian bread in Dubai?
You could fine Italian bread at most good authentic Italian restaurants in Dubai; the quality is very high here.

How does the tradition of French bread-making differ to Italian?
French bread making differs in the crispiness and fermentation, bread in France is dipped in sauce, served with cheese and charcuterie. The French baguette is the most traditional bread with a regulation from the authority to provide an authentic recipe to the customer. But today the evaluation of the gastronomy bring some change, we find different cereal bread as 14 cereals, dark rye with lemon, all wheat, country style, all farmer bread. Today, bread is an art and only few artist bakers can master delivering the best.









A brown version of the classic white French baguette

French

We speak to Pascal Tepper, French master baker who recently opened Pascal Tepper French Bakery in Dubai Media City

What types of bread are typically French?
Typical French bread is the long and crusty baguette.

What ingredients go into it and how is it prepared?
Our bread is made with ingredients from in France and brought here, so what you taste in Pascal Tepper French Bakery in Dubai is what you taste in France! Good French bread requires the right variety of flour, just a little yeast and not as much kneading as other breads. The process requires time for fermentation as this helps stimulate the aroma. We need to let the dough strengthen and bond.

How is the bread made, that makes it uniquely-French, and different to other European and Mediterranean styles of bread?
The French bakery is the only style of bread making which applies and uses particular fermentation methods that allow for the aroma to develop along with its crust formation. This method allows for a caramelisation of the crust and gives the bread its unique taste. The working method is complex and is executed over time; time is essential for the baking process to be right, just like wine.

How is bread enjoyed in an authentic French way?
The French way would be with butter, jam, dip or with cheese. Bread is enjoyed with everything and at any time, even before the meal. The place we eat it most is in the car, after buying it fresh and warm straight from the oven. By the time we reach home there is only half a baguette left!

Other than Pascal Tepper, where do you think you can get top French bread in Dubai?
The Meydan Hotel and Eric Kayser Bakery - both feature quality bread.

How does the tradition of French bread making differ to other styles of making bread?
I was literally born in a bakery and since then I have been brought up amidst the aroma of hot bread as it was being pulled out of the oven. I am proud to be a son of a baker. My father was an ardent defender of traditional bakery and from an early age he gave me a taste for good bread. In fact, both my father and my grandfather taught me the right skills needed for the production of quality bread: always use top quality ingredients in bakeries. The quality of the bread produced will reflect the difference between a top ingredients and mediocre ones. In a bakery, it is more difficult to do the job badly, while doing it the right way is as easy as it is simple.

WIN WIN WIN!

- Win a copy of Pascal Tepper's recipe book *Sandwich Formulas*, a hardback book that features 20 three-course meals, 20 sandwich 'trilogies' based on bread, savoury biscuits and galettes, as well as 20 balanced menus and 20 meal trays for under AED 40.

- Win a hamper of French bread and pastries from PAUL Bakery & Restaurant. The gorgeous bread is freshly baked four times a day. Be sure to pick up the brochure that details the options available.

To enter the competitions visit the competitions page on www.bbcgoodfoodme.com

Straight from the grill

Desert Palm Dubai's Rare restaurant is an innovative modern grill. *BBC Good Food ME* talks to executive chef Kevin Little about his tips for success in the kitchen









Rare is a modern grill. What are some of your top tips to successful grilling of seafood, as well as beef?
For seafood, make sure you use the freshest and best quality produce available. Avoid using frozen fish where possible. For grilling, use a thicker more solid fish such as tuna, if you want to use a more delicate fish, then perhaps try a different cooking method such as wrapping the fish in foil or using a grilling basket. Make sure the gill is clean and well lubricated to avoid the fish sticking and don't have your grill too hot; a medium heat is fine. Cook the fish until it is a little underdone, then let it rest.

For beef, it's important to choose the right cut and best quality of meat; something with good marbling will always help. Make sure the meat is dry, ideally leave it to dry uncovered in the fridge for 24 to 48 hours, this removes the surface moisture and will give you a better sear.

A good sauce can enhance a meal beautifully. Can you describe some of the sauces you created for the new menu?
I tried to keep the sauces light and avoid those with a heavy cream base. We have a couple of salsa style sauces such as the Rare hot sauce and chimmichuri, along with a couple of twists on the classic steak sauces including our pepper sauce, which is green peppercorn and caramelised onion and our mushroom sauce which is wild mushroom, thyme and beef jus. We get a bit more adventurous when we come to the butters with choices of roast garlic, smoked paprika and green olive flavoured butters, as well as gorgonzola, shallot and walnut or the newly added soy and wasabi. We then finish off with the classics; Hollandaise; Béarnaise and good old parsley and lemon burre blanc. With the rest of the menu we use salsas, pestos and aiolis rather than traditional sauces. The flavoured butters are wonderful toppings for a steak.

It is our Mediterranean issue this month: What are your top three Mediterranean restaurants in Dubai?
• Lime Tree • Jamies Italian • Abdel Wahab

The English cheeseboard on the menu sounds great. Can you describe a few of the cheeses, where they are from, and the type of flavours you can experience?
We have a wide selection of cheeses available, here are a few of my favourites: Montgomery Cheddar, which is traditional style Cheddar from Yeovil, Somerset, UK. It has a complex, long-lasting, rich, fruity, beefy flavor and is made from cow's milk.

Applebys Double Gloucester from Broadhay Farm, Lower Heath, Whitchurch, Shropshire. This is a semi-hard cheese with a rich buttery taste and a flaky texture with a mellow nutty character.

Woolsery The Old Dairy, Up Sydling,Dorchester, Dorset. This is a firm goat cheese which is handmade from pasteurized goat's milk. The cheese is naturally matured and develops a rind whilst maturing. Inside it has a firm smooth texture with a rich full flavour.

For people wanting to host a dinner party for friends that is fuss-free, but delicious and impressive; what three dishes would you recommend, and what tips would you give to hosting a successful dinner party?
Depending on what sort of party you want to have, I always prefer to make it as easy as possible, after all you are there to spend time with your friends and not all evening in the kitchen. If you want to prepare a plated meal, I would always try and make as much as possible in advance. Begin with a cold starter and follow with something that won't hurt if you're running late such as a slow-cooked dish like braised lamb shanks or a good curry. Finish with a cold dessert that again you can pre-prepare. For a more relaxed event you can't go wrong with a good mixed salad, hot buttery garlic bread and lasagna.

Food Club Event

Mastering the grill

Chef de cuisine Ivan Sanchez of Ember Grill & Lounge taught Food Club members three delicious dishes recently at the Hacker Kitchen showroom, Dubai. *BBC Good Food ME* presents the recipes for you to try at home







An inspiring night of cooking, canapés and conversation, some of the UAE's most passionate foodies were in attendance at our last Food Club masterclass at the beautifully-modern and stylish Hacker Kitchen showroom in Al Barsha, Dubai.

Guests mingled over mocktails before watching chef de cuisine Ivan Sanchez take to the state-of-the-art kitchen stage to cook three dishes from the newly re-themed Ember Grill & Lounge menu.

Mexican national, Chef Sanchez brings more than 10 years of experience with international hotel chains around the world, and Food Club members were eager to learn some tips of the trade as he created his dishes.

"The menu at Ember Grill & Lounge is diverse and creative, and we ensure that each dish is simple, using the best ingredients. It is a trendy, fashionable menu; classic dishes are given a creative twist. The potato and leek soup, the braised short ribs and the crème brulee with citrus flavours are some of my favourites on the menu," said Chef Ivan.

Soft, but roughly mashed potato, with decadent helpings of butter and cream went into the soup that was created as a starter. Chef Ivan's potato and leek soup is not one for the calorie-conscious, but it is full of flavour and texture; creamy comfort food at its best. The duck breast gave the soup a beautifully-rich and smoky flavour, however if you are vegetarian, the soup is still tasty without it.

For the main course, Chef Ivan created marinated, braised short ribs that were sticky and melt-in-the-mouth succulent. The marinade included garlic, thyme, bay leaves, carrots and whole black pepper, which gave the meat a nice Mediterranean kick. The potatoes, cooked in shallots, butter, parsley were simple, but tasty and a good complement to the ribs.

For dessert it was onto the crème brulee. Not your classic crème brulee, this was infused with the lemonade-like Kalamansi juice, which gave the creaminess a nice citrus tang. Chef Ivan teamed the brulee with an orange sorbet, which was a lovely combination of temperatures, complementing the citrus notes beautifully.

With the gleaming work tops and electric, push-button technology, Hacker's showroom was the perfect place for aspiring cooks to learn new skills from creative, talented chefs. To impress your guests at your next dinner party, definitely try these dishes at home. Or, if you'd rather have the dishes cooked by Chef Ivan and his team, visit Ember Grill & Restaurant in Dubai Mall Fashion Avenue within The Address Hotel.

Photography CRIS MEJORADA











Hacker Kitchen Dubai, UAE is a German luxury kitchen company, dedicated to designing and crafting desirable kitchens. To book your design consultation with one of their experienced designers you can call 800 KITCHEN or +971 4 399 0425. The Hacker Kitchen showroom is located in Al Barsha.
Visit www.hacker.ae for more information and to view the location map.

STARTER

Potato and leek soup

2 medium-sized potatoes
1 leek
100g smoked duck breast
2 cups chicken stock
1 tsp salt
½ tsp pepper
1tsp butter
1tsp sour cream

1 Peel the potatoes and cut into cubes. Keep 2 tbsp potato cubes aside. Cut the leeks strips, reserve 2 tbsps of leeks for garnish.
2 Sauté the leeks with butter and smoked duck breast. Add the cubed potatoes and chicken stock, cook until the potatoes are soft. Blend all together.
3 Season the soup with salt and pepper. Cook the rest of the potatoes in salty water and cool down. Sauté the leeks with butter and add the cooked potatoes. Place potatoes and leeks in the centre of a soup bowl. Fill up with potato soup and garnish with chives and sour cream.



MAIN

Braised short ribs

THE MARINATION
200g beef short ribs
2 cloves garlic
½ white onion
1carrot
½ stick celery
½ leeks
2 bay leaves
1 tsp whole black pepper
2 sprigs fresh thyme
1l beef stock

1 Roughly cut all the vegetables and crush the garlic cloves. Place all the ingredients in a container and let the ribs marinate in the fridge over night.
2 Take out the ribs and the vegetables. In a hot pan seal the ribs and the vegetables. In a shallow container place the vegetables, with the ribs on top. Fill up the rest of the container to about ¾ full with the beef stock, and cover with aluminum foil.
3 Cook in the oven for 2 ½ hrs at 160° C. Remove the aluminium foil and continue cooking for 1 more hour, pouring the stock over the ribs constantly to avoid it drying out.
4 Remove the ribs from the oven, strain the stock and reduce it.

THE POTATOES
2 La ratte potatoes
1 tsp salt
½ tsp chopped parsley
1 shallot
1 tbsp butter
1tsp grain mustard

1 Boil potatoes with salt till they are cook. Refresh the potatoes and peel it.
2 Cut potatoes in half. Sauté the shallots in butter and add the potatoes. Let the potatoes become golden in colour and add the rest of the ingredients.
3 Finish with a spoon of water or chicken stock. Plate up and serve.

THE GARNISH
¼ cup mix wild mushrooms
¼ cup Brussels sprouts
1 tsp butter
2 tbsp beef sauce
1 Sauté the mushrooms with butter. Remove leaves from Brussels sprouts and add to the mushrooms. Sauté for 1 min and add 1 spoon of sauce.
2 Garnish the ribs with mushrooms, Brussels sprouts and potatoes.

THE SAUCE
¼ cup Beef jus
1 tbsp English mustard
1 tbsp Horseradish
1 tsp soy sauce
1 Add English mustard, horseradish and soy sauce to the rib jus reduction. Season and serve warm.

DESSERT

Citrus brulee with blood orange sorbet

SERVES 10

KALAMANSI BRULEE
500g Kalamansi Juice
400g egg Yolk
250g granulated Sugar
160g whipping cream
BLOOD ORANGE SORBET
50g granulated sugar
20g glucose syrup
300g water
200g blood orange puree
squeeze of lemon juice
handful basil leaves

1 For brulee, mix together all the ingredients bake in the bowl for 30min at 150 degrees C.
2 For blood orange sorbet, boil the entire ingredient except orange blood puree.
3 The puree put at last after the liquid cool.
4 Keep in freezer for night than paco jet the frozen blood orange mixture.



Pascal Tepper

FRENCH BAKERY

Meilleur Ouvrier de France

Dubai Media City wears a New Look!

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& lively during week-ends







Monsieur PASCAL TEPPER, distinguished by the French President as "Meilleur Ouvrier de France" (Best Baker of France), opens his first dine-in bakery in the heart of Dubai Media City

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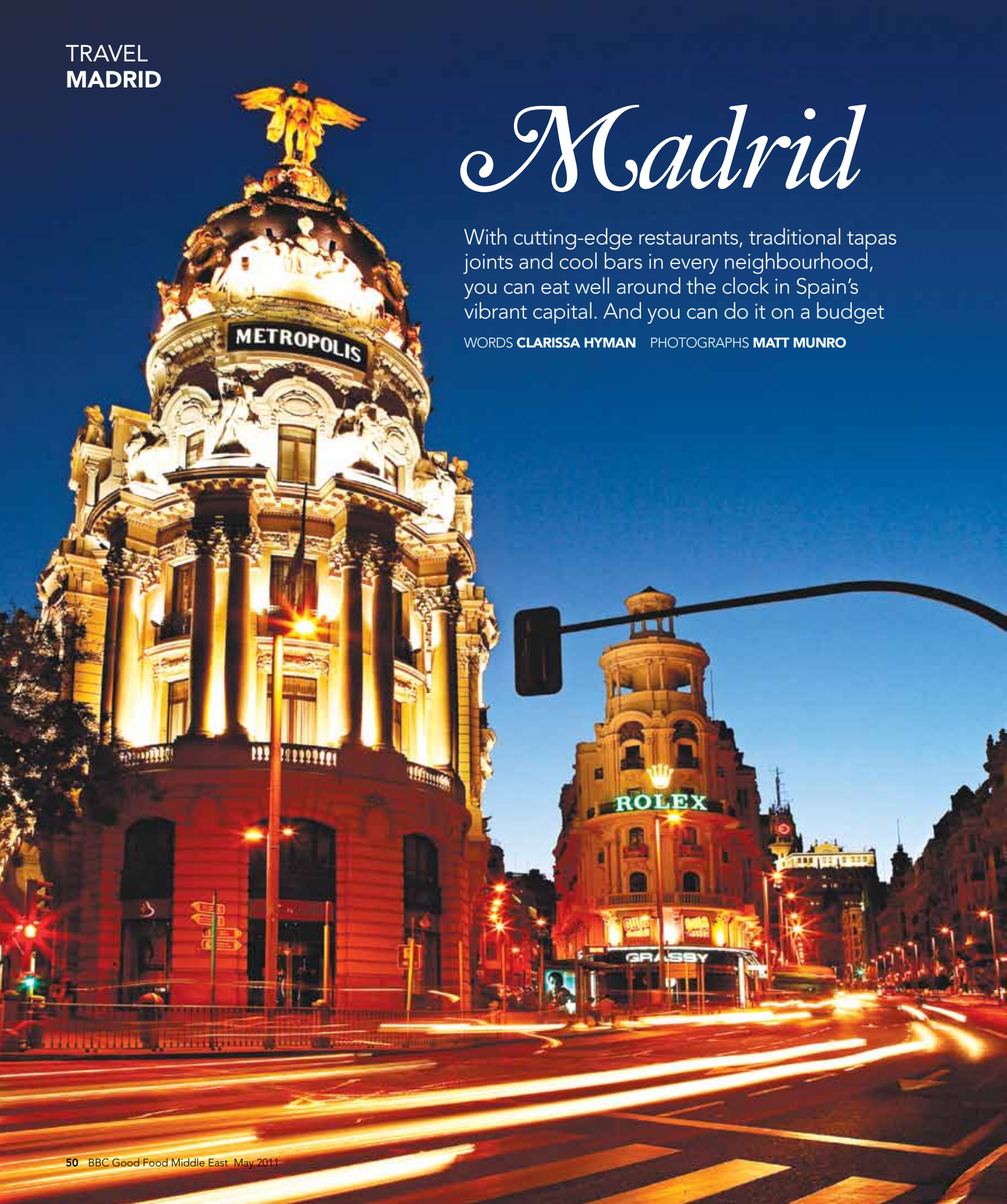
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www.pascaltepperfrenchbakery.com

Madrid

With cutting-edge restaurants, traditional tapas joints and cool bars in every neighbourhood, you can eat well around the clock in Spain's vibrant capital. And you can do it on a budget

WORDS **CLARISSA HYMAN** PHOTOGRAPHS **MATT MUNRO**





MADRID

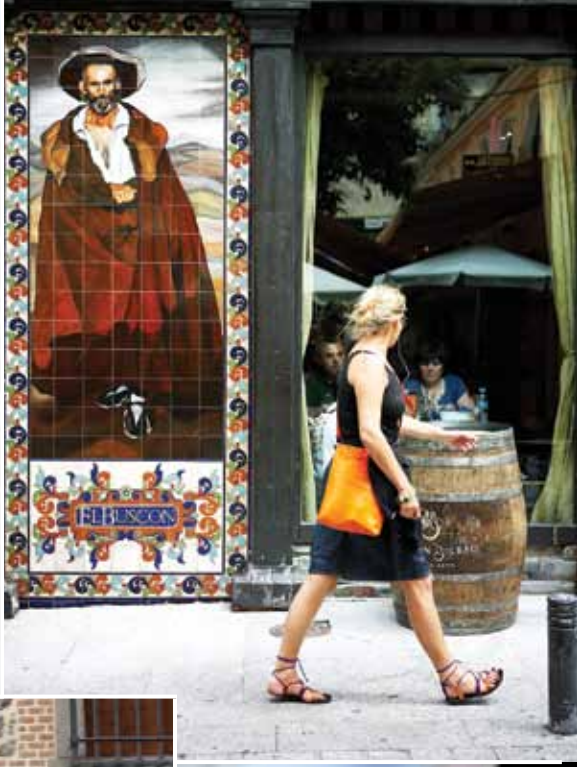
In the Puerta del Sol square, the raucous meeting place where people traditionally gather to eat 12 grapes on the countdown to New Year, you are at the very heart of Spain. Madrid became the country's capital in the 16th century because it was slap-bang in the centre of the peninsula, and has always attracted the best ingredients from every part of this vast country, which explains why the city's food scene is so vibrant.

Dario Barrio of restaurant Dassa Bassa, one of Madrid's talented young chefs, says, 'In the fish market, we get the best catch from both the Mediterranean and the Atlantic – it's hard not to be inspired by the wonderful things you see there every day.' Dario is a Madrileño, Madrid-born, but many other chefs have come here from the regions, bringing with them their own local and family influences. As a result, it's easy to find places serving regional Spanish food, as well as those that feature the small repertoire of robust Madrid dishes such as cocido (meat stew), cochinillo (suckling pig), callos (tripe), and besugo al horno (baked sea bream), ideal to eat with local wines, reds, mainly using tempranillo and garnacha, as well as rosé, white and a wonderful dessert wine made with moscatel de grano menudo.

Alongside such traditional cooking there's also a distinctly modern flavour to Madrid's food scene. From molecular gastronomy as created by the city's superchef, Sergi Arola (who trained under Ferrán Adrià), to contemporary tapas at Estado Puro.

Make sure you visit the colourful markets, such as upmarket La Paz (Calle Ayala 28, Salamanca) – don't miss the gourmet cheese stall – or Chamberi (Calle Alonso Cano, 10) with its glorious fruit and veg stalls. They're a technicolour catalogue of the best Spanish produce brought in fresh each day from all over the country. Early next year Madrid's fin-de-siècle, Mercado de San Miguel, is due to reopen as a showcase market to challenge Barcelona's famous Boqueria.


San Antonio chapel






Oval 'coca-pizzas' at D'e

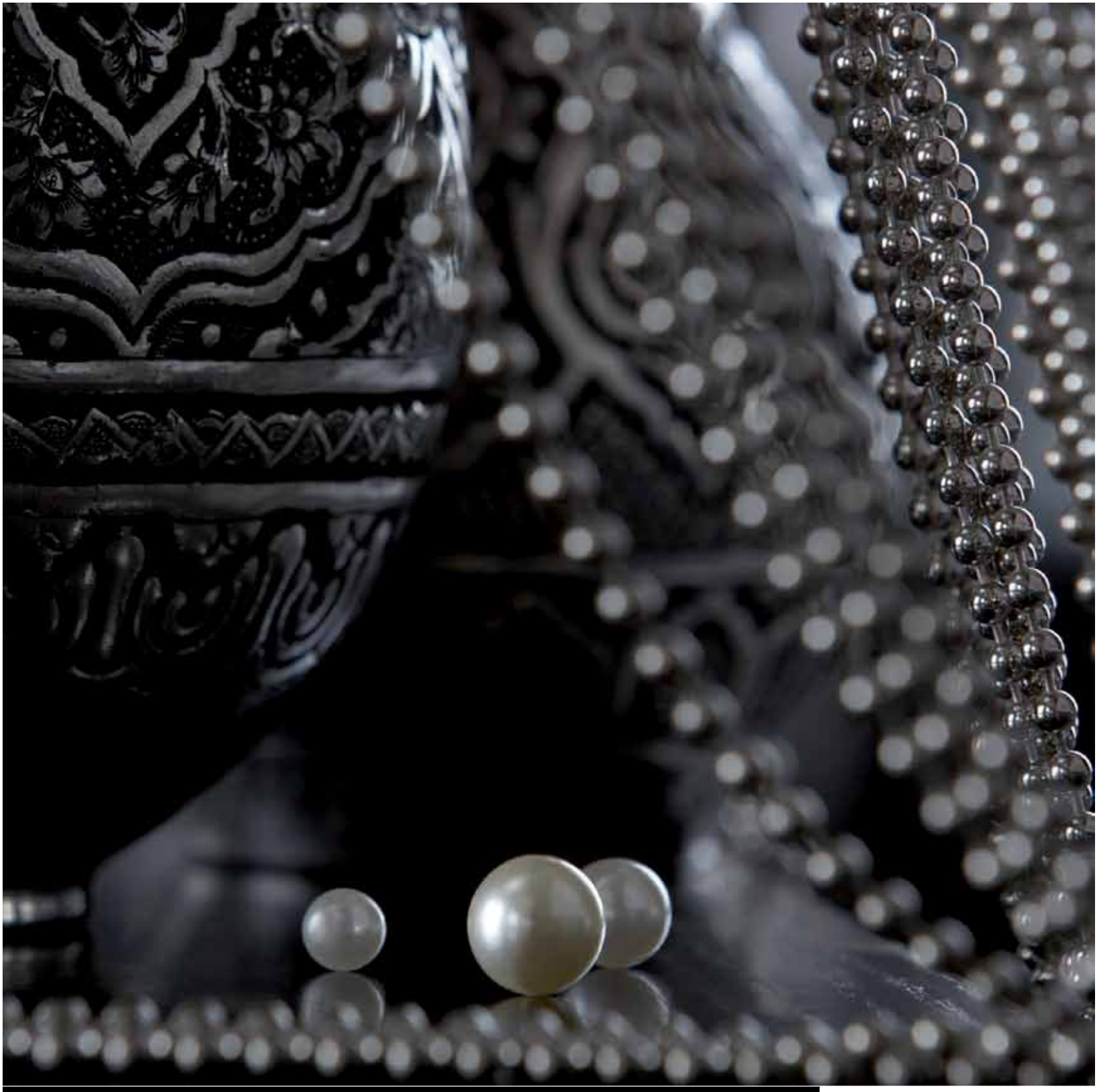

Coffee and cake at Cafe Delic



Madrid is not just a national crossroads, but an international one. The up-and-coming Lavapiés district is home to new immigrants and inexpensive ethnic eating places; wealthy, sophisticated Salamanca has the smartest sushi bars, Italian restaurants and laid-back, stylish eating; funky Chueca has everything, including all-in-one fashion/food/lifestyle café-shops.

Built on a monumental scale, with majestic squares, ornate fountains, proud palaces and new extensions to its great trio of galleries – the Prado, Reina Sofia and Thyssen-Bornemisza – Madrid is easy to explore (and its subway is both cheap and efficient).

Over the past 20 years, Spain has seen an astonishing creative explosion, and its designers and artists continue to push the boundaries in architecture, film, fashion, interiors – and food. Classic restaurants patronized by princes and politicians now sit comfortably alongside new-wave cooking, food that is contemporary and exciting yet unmistakably Spanish.



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MADRID

EAT

CHEAP EATS

Casa Mingo serves whole spit-roast chicken, salad and cider, plus a few other Asturian dishes, such as tuna empanadas and Cabrales cheese in a cantina founded in 1888. (No credit cards or reservations). Paseo de la Florida, 34. (00 34 91 5477918)

Great value, daily-changing, three-course lunch plus drinks at **Kaixo**, an informal, lively and crowded Basque place in a side street near Sol. Also on offer are doorstop slabs of toasted bread with various Basque-country or new-cuisine toppings. Calle Barcelona, 12 (00 34 91 5232133; tabernakaixo.com)

Estado Puro is a small café decorated with white mantilla combs in the Hotel NH, usefully located between the Prado and the Thyssen-Bornemisza galleries. Don't miss the terrific modern tapas such as salt-water cockles served in the tin, or the oxtail and rice stew in a black Staub casserole. Plaza Cánovas del Castillo, 4. (00 34 91 3302400; Nh-hotels.com)

At **D'e**, try superstar chef Sergi Arola's fashionable take on sandwiches, salads and oval 'coca-pizzas', a twist on the Catalan version of pizza, in two slick Salamanca settings, with interiors in black wood, drapes and granite. Popular with a well-heeled clientele for morning espresso. CalleVelasquez, 32 (34 91 4263816; elpaninode.com); Calle Juan Bravo, 12. (00 34 91 5771662)

CLASSIC DISHES

Celebrated Castilian restaurant, **Casa Lucio**, in the 16th-century Austrias district, serves a superb version of lightly broken eggs over chips and sizzling steaks cooked on a coal-fired oven. Famous customers include King Juan Carlos, Bill Clinton and Penélope Cruz. Calle Cava Baja, 35 (00 34 91 3653252; casalucio.es)

BEST FOR LAID-BACK STYLE

Pan de Lujo's water pool, glass walls and light boxes is complemented by chef Alberto Chicote's contemporary cooking – including a brilliant burger made with Ibérico pork. Popular with Salamanca's seriously stylish diners. Calle Jorge Juan, 20 (00 34 91 4361100; pandelujo.es)

BEST FOR COCIDO (MEAT STEW)

Tiny, family-run Malacatin is a traditional restaurant in **La Latina** that has been making exemplary cocido since it opened in 1895. It also offers a sample-size portion (great for beginners). Calle Ruda, 5 (00 34 91 3655241; malacatin.com)

NEW SPANISH COOKING

In **Dassa Barra's** ultra-modern Salamanca cellar, talented Dario Barrio produces a wonderful, seasonal tasting menu packed with bright ideas, global references and clever twists on Spanish tradition. Calle Villalar, 7 (00 34 91 5767397; dassabassa.com)

POWER LUNCHES

Senzone at the Hospes Madrid (see Stay, page 107), serves dishes that are as minimalist, carefully constructed and discreet as the hotel, such as crusted cod topped with tender onions, lentils and crisp pancetta. Dine next to tycoons and power-brokers on modern Spanish cuisine styled like Miró paintings on the plate. Plaza de la Independencia, 3. (fuenso.com)

MOLECULAR GASTRONOMY

Partly overseen by legendary chef Ferrán Adrià, Paco Roncero looks after the fabuloso culinary fireworks at **La Terraza del Casino**. Situated in the curiously conventional, city-centre setting of a 19th-century gentlemen's club. Alcala, 15. (00 34 91 532 1275; casinodemadrid.es)







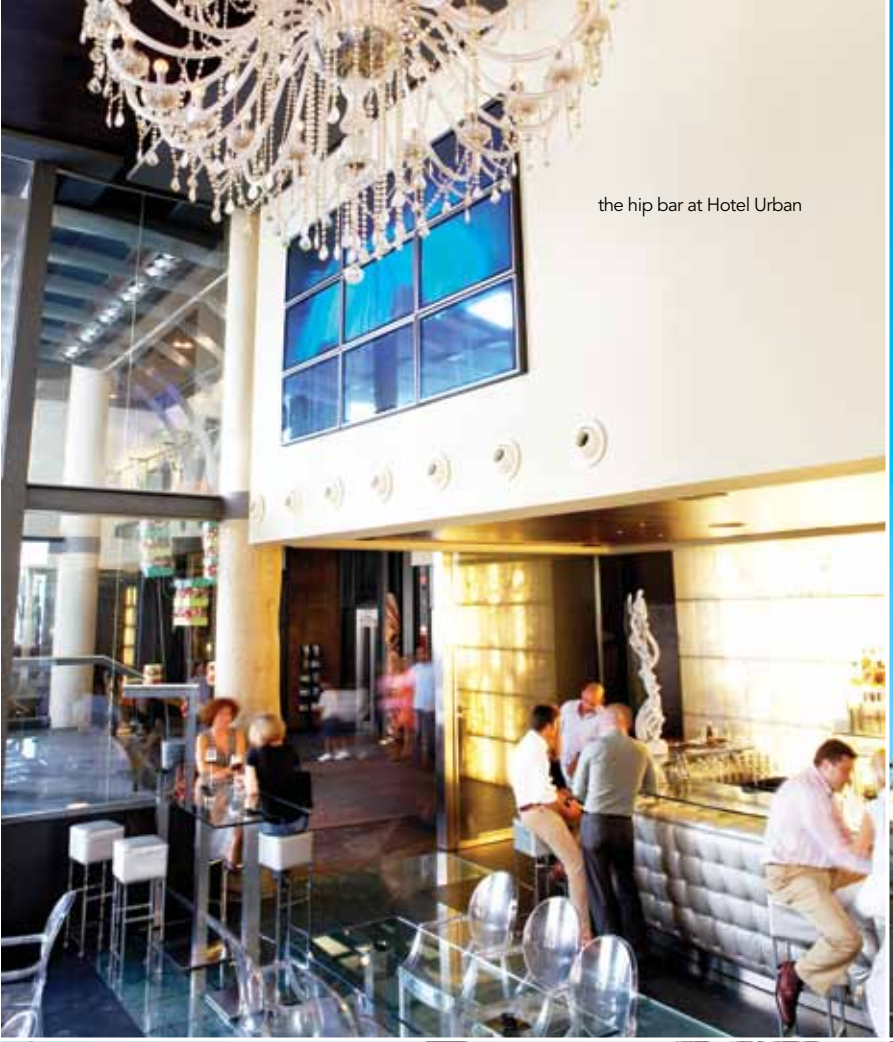
From top: Estado Puro's salt water cockles in the tin; Oriol Balaguer's futuristic cake and chocolate boutique; cocido at El Bola

MENU DECODER

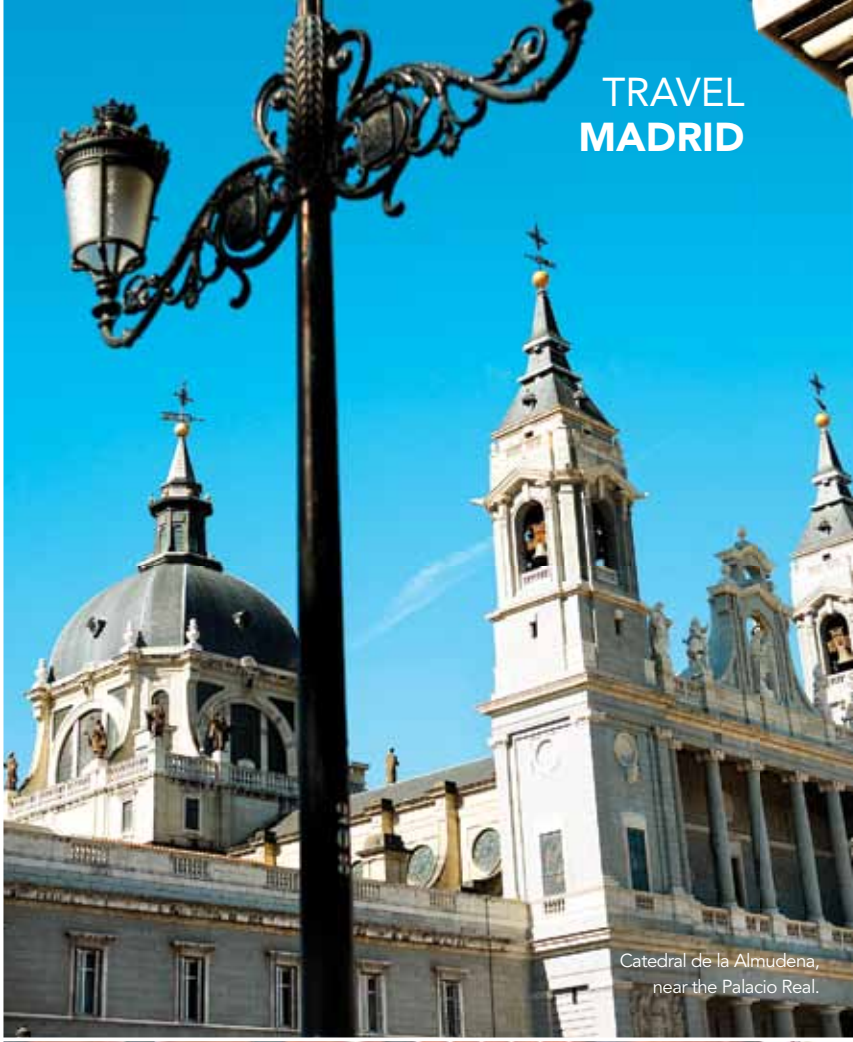
Albóndigas meatballs
Bacalao rebozado deep-fried salt cod
Berberechos cockles
Besugo al horno baked sea bream
Callos a la Madrileña tripe in tomato, onion and garlic sauce
Caracoles snails in spicy sauce
Chuletas de cordero lamb chops
Churros deep-fried tubes of batter to eat with drinking chocolate
Cochinillo suckling pig
Cocido Madrileño mixed meat casserole with chickpeas
Croquetas deep fried croquettes made with béchamel
Escabeche vinegar marinade for tuna, rabbit and partridge
Gallina pepitoria fried chicken served with a sauce of saffron and almonds
Huevos revueltos scrambled eggs
Rabo de toro bull or oxtail
Solomillo steak
Torrijas French toast fried in oil, with honey and cinnamon

SHOP

✶ Buy one of the much-in-demand bottles of **Regajal wine** at Madrid's smartest wine shop, Lavinia, José Ortega y Gasset, 16 (lavinia.com.) ✶ Stock up on **almonds** and **olives** at Mallorca (pasteleria-mallorca.com), a famous chain of gourmet delis (look for the red sign). ✶ Find **artisan oil** at Plaisir Gourmet, Calle Gravina, 1 (plaisirgourmet.com). ✶ Old-fashioned **violet candies** in pretty packaging from La Violeta, Plaza Canalejas, 6. ✶ **Wild mushrooms** from La Casa de las Setas, Plaza del Conde de Miranda, 4. ✶ The best **turrón** from Casa Mira, Carrera San Jerónimo, 30. ✶ **Cheese** from El Palacio de los Quesos, Calle Mayor, 53 (elpalaciodelosquesos.com); ✶ **Pastries** from the nuns at the Convento de las Carboneras, Plaza del Conde de Miranda, 3. ✶ Don't miss award-winning Oriol Balaguer's futuristic **cake** and **chocolate** boutique, Calle José Ortega y Gasset, 44 (oriolbalaguer.com). ✶ And for a fantastic selection of fresh **Spanish produce**, Madrid's Mercado de San Miguel is due to reopen in early 2009, to rival Barcelona's Boqueria.



the hip bar at Hotel Urban



Catedral de la Almudena, near the Palacio Real.



Plaza Santa Ana



The gourmet cheese stall at La Paz market

DRINK

✶ Start the day (or end the night) with **hot chocolate** and **churros** at the famous all-night **Chocolatería San Ginés** (Pasadizo de San Ginés, 5) or the less touristy **Chocolat** (Calle Santa María, 30).
✶ For breakfast **café con leche** and a pastry from the downstairs bakery, try buzzy **La Mallorquina**, overlooking lively Puerta del Sol, or revive at laid-back **Delic** (Costanilla de San Andrés, 14).
✶ Before lunch, have an old-fashioned **red Vermouth** on tap, or sip an exquisite cup of **consommé** from the 19th-century samovar (urn) at **Lhardy**, Carrera de San Jerónimo, 8 (lhardy.com). Or try one of the 30-plus **wines by the glass** at **Tempranillo** (Calle Cava Baja, 38)
– Madrid's most fashionable wine is the light, modern **Regajal red**, produced in the royal summer town of Aranjuez, just south of the city.
✶ If you prefer to drink **beer**, try a foaming Mahou (ask for a caña – a small, standard measure).
✶ Take **tea** under the great chandelier at the art deco **Circulo de Bellas Artes** (Alcalá, 42).
✶ Come the **cocktail** hour, join the fashionistas at the eye-popping **Ramses**, designed by Philippe Starck, for a **Cosmopolitan Revolution**. Plaza de la Independencia, 4 (ramseslife.com)



STAY

HOTEL HIGH TECH CLIPER,

A good budget hotel in a refurbished building just off the busy Gran Vía thoroughfare. Free internet access in all rooms, bathrooms with saunas or hydro massage showers. Calle Chinchilla, 6 (hthotels.com)

ROOM MATE HOTELS

Four hip small hotels, each with a playful design-led personality. Great locations include Santa Ana and Opera. Rooms have Wi-Fi, flat screens and DVD. B&b from €107. (room-matehotels.com)

HOTEL MENINAS

Excellent boutique hotel with compact but well-equipped bedrooms in a quiet street near the Opera. Friendly staff and a good buffet breakfast. B&b from €119. Calle Campomanes, 7 (00 34 91 541 28 05; hotelmeninas.es)

HOTEL DE LAS LETRAS

Popular, hip hotel with walls adorned with literary quotations, stylish furniture, balconies and well-equipped bathrooms. Spa gym and central location. Gran Vía 11 (00 34 915 237 980; hoteldelasletras.com)

HOTEL URBAN

An ultra-modern décor of glass, chrome and leather. There's a rooftop plunge pool, hip restaurant and bar. Carrera de San Jeronimo, 34. (00 34 91 787 77 70; derbyhotels.com)

HOSPES MADRID

Luxurious 19th-century conversion with chic rooms. The hotel includes the Senzone restaurant, fab spa and bicycles to ride in lovely Retiro Park opposite. Plaza de la Independencia, 3. (00 34 91 432 29 11; fuenso.com)



TAPAS: EAT LIKE A LOCAL

Locals eat tapas in the early evening, then have dinner around 10pm – although a trail to two or three favourite tapas bars often replaces dinner. Many tapas bars have extensive choices, others are noted for single specialities, such as Galician mussels, salt cod fritters or meatballs. Tapas generally come in three sizes: pinchos (canapés), tapa (saucer-sized) and ración (a plateful). Sometimes you eat standing, sometimes sitting, and the flimsy napkins often get thrown on the floor. To help find your way round, consider joining a good English-language Letango tapas tour (letango.com).

COOK

Besugo al horno

45 MINUTES ● SERVES 2 ● Easy

Amid the profusion of choice in Madrid's fish markets, besugo – sea bream – remains the favourite. This is a classic way of cooking bream, found with minor variations citywide.

bream 1 large, or 2 smaller ones, about 1kg (cleaned but with the head on)
lemons 2 (1 juiced and 1/2 cut in thin wedges)
olive oil 100ml
potatoes 2 medium, peeled, sliced and parboiled
tomato 1, sliced
red onion 1/2, sliced
bay leaves 2
white wine or fino sherry 1 glass

1 Heat the oven to 200C/fan 180C/gas 6. Make 2 diagonal slashes on one side of the fish and push a lemon wedge into each. Oil an oval ovenproof dish (earthenware is authentic). Put in the fish, cut-side up.
2 Tuck the sliced potato, tomato, onion and bay leaves around the fish. Pour over the rest of the oil, the lemon juice and wine. Season well.
3 Cover with foil and bake for 20-25 minutes, basting occasionally. Remove the foil and bake for another 10 minutes to crisp the fish and brown the potato edges.

PER SERVING 858 kcals, protein 64.3g, carbohydrate 23.1g, fat 56.1g, saturated fat 8.4g, fibre 2.1g, salt 1.01g



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INSIDER'S GUIDE TO *Venice*



Avoid the tourist traps and find the real Venice – Russell Norman shares the places that inspired him to set up his own Venetian-style restaurants in London

WORDS **RUSSELL NORMAN** PHOTOGRAPHS **MARK READ**

EAT

■ **Ca' d'Oro**, known as Alla Vedova, is the osteria that most inspired my London restaurant Polpo. The small bar at the front is where locals stand and drink a small glass of regional wine, such as a flowery Bianco di Custoza from Lake Garda and eat the house speciality polpette (meatballs), and, oh my, they're good. (Cannaregio 3912, Ramo Ca' d'Oro; 00 39 041 528 5324)

■ Neighbouring **La Cantina** is a little more modern. It has excellent local wines (ask for pinot bianco from Friuli for a really typical taste of the region, and a show-stopping cheese and meat cold plate. Ask owners Andrea and Francesco for their recommendations. (Cannaregio 3689, Campo San Felice; 00 39 041 522 8258)

■ Postage-stamp-sized **All'Arco** serves excellent cicheti (Venetian snacks, pronounced chi-KET-tee). Chat to father and son owners Francesco and Matteo and they'll get the good stuff out from round the back – no joke! Depending on the time of year, you get lung, spleen, ricotta-stuffed zucchini flowers and tiny fried mozzarella sandwiches. (San Polo 436, Calle dell'Arco; 00 39 041 5205 666)

■ Seafood restaurant **Corte Sconta** is hard to find and its tiny entrance belies the generous, traditional interior but you get a lovely welcome from flame-haired owner Rita. Sit under the dappled sunlight in the inside courtyard and order the catch of the day, perhaps John Dory with orange and green peppercorns. (Castello 3886, Calle del Pestrin; 00 39 041 5227 024)

■ My favourite Venice restaurant is the tiny **Alle Testiere**, a short walk from St Mark's Square. The whole experience is exquisite, breathtakingly fresh, inspiring and unsurpassed in Venice. The décor is humble and simple and the wall shelves are cunningly constructed from brass bedsteads (testiere means 'headboard). The menu is mostly verbal so you have to put yourself in owner Luca's capable hands and trust his recommendations. If they are available, I always order the razor clams. (osterialletestiere.it)

SHOP

■ Whenever I'm in Venice I shop at the stunning **Rialto Market** (Tuesday to Saturday), where you'll find fresh fish and fruit and veg so good that it puts every UK greengrocer to shame.

■ If you are a cheese fan, like me, you will die and go to heaven in **Casa Del Parmigiano**, family run since 1936 and packed to the rafters with excellent cheeses, meats and speciality produce. Buy Sicilian extra-virgin olive oil. (aliani-casadelparmigiano.it)

■ **Cantinone Gia Schiavi** is a cavernous wine shop that is an essential stop to stock up on local varieties and Italian bitters and spirits. I always take home a bottle of Cynar – a delicious, slightly bitter digestivo made from artichokes. Come in the afternoon for crostini and superb homemade bacala (whipped salt cod). (992 Ponte San Trovaso; 00 39 041 5230034)

"My love affair with Venice started 23 years ago when I first visited the city as a student. But it wasn't till 13 years later when I started to go regularly with my wife Jules that I started to fall in love with its cuisine too. Venice has an appalling reputation for food, largely because the vast majority of restaurants churn out crowd-pleasing tourist fodder washed down with chianti from ghastly straw-clad bottles. But if you avoid the tourist traps and seek out the authentic back-street osterie and bacari (taverns and wine bars) the food is actually rather good. In some places, it is even excellent."

DO

■ Travel like a local on a traghetto, decommissioned gondolas that ferry you across the Grand Canal at various points. The handiest one shuttles between a jetty beside the huge red curtains at Rialto Market and Ca' d'Oro on the other side. For 50c you get the best view of the canal and palazzi.

■ For great people-watching, go to Campo Santa Margarita. Look for the small caffè in the middle painted red (known locally as Bar Rosso but not marked as such) and get a table outside. Order spritz (the local aperitivo of wine, soda and Campari), standing or sitting, and watch the world go by.

■ I love the unnamed bookshop in a small alley off Calle Lunga S. Maria Formosa, opposite Osteria alla Mascaretta. You could easily get lost for hours amongst the second-hand cookbooks and vintage maps and posters. I bought an old map of Venice here about two years ago.

SLEEP

■ Venice is divided into six sestiere. For a truly authentic feel of the city stay in Dorsoduro. **La Calcina** is a delightful pensione here with traditionally furnished rooms, many of which have fantastic views of the Giudecca canal. (lacalcina.com)

■ Next-door is **Pensione Seguso**, my new favourite. It has oodles of charm, beautiful furniture, ancient mirrors and Murano glass chandeliers. (pensioneseguso.com)

■ **Locanda Montin** is situated on a blissfully quiet minor canal. Internally it is adorned with paintings of the artists who have stayed there and photos of visiting film stars and politicians too. The rooms are basic and unglamorous. It's a real slice of yesteryear. But beware; the owners and staff are famously grumpy. (locandamontin.com)










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Food for the Weekend

- A table in the sun
- Posh afternoon tea
- Celebrate French-style
- Friday night with friends

63 Tangy roasted peppers



90 Stoved potatoes



68 Cherry scones



79 Herb salad with pomegranate & pistachios



Entertain in style!

A table in the sun

Whether you've rented a villa abroad or you're having a get-together in your or dining room, this flexible menu makes it easy to entertain a crowd of all ages

EMMA LEWIS, FOOD WRITER



Minted courgette salad

SERVES 8 ● PREP 10 MINS PLUS 10 MINS MARINATING ● NO COOK Easy V

½ red onion, thinly sliced
zest and juice 1 lemon
2 courgettes
large handful mint leaves
2 tbsp olive oil

Mix the onion and lemon juice together with some seasoning and set aside for 10 mins. When ready to serve, use a vegetable peeler to slice the courgettes into thin ribbons. Put into a bowl with the onion and lemon juice, zest, mint and oil. Carefully toss together and serve.

PER SERVING 34 kcals, protein 1g, carbs 1g, fat 3g, sat fat none, fibre none, sugar 1g, salt none

Baked feta with chilli & oregano

SERVES 8 ● PREP 5 MINS ● COOK 10 MINS Easy V Good for you

200g pack feta, drained
1 red chilli, deseeded and thinly sliced
1 tsp fresh oregano, or ½ tsp dried
2 tbsp olive oil

Heat oven to 200C/180C fan/gas 6.
Sit the feta on a sheet of foil. Scatter over the chilli and oregano, then drizzle with olive oil. Scrunch up the foil to seal the feta in a parcel, then place on a baking tray and bake for 10 mins until warmed and softened.

PER SERVING 87 kcals, protein 4g, carbs none, fat 8g, sat fat 4g, fibre none, sugar none, salt 0.67g

Photographs MYLES NEW | Food styling BARNEY DESMAZERY, JANE HORNBY | Styling ELIZABETH GALBRAITH

ON THE **COVER**



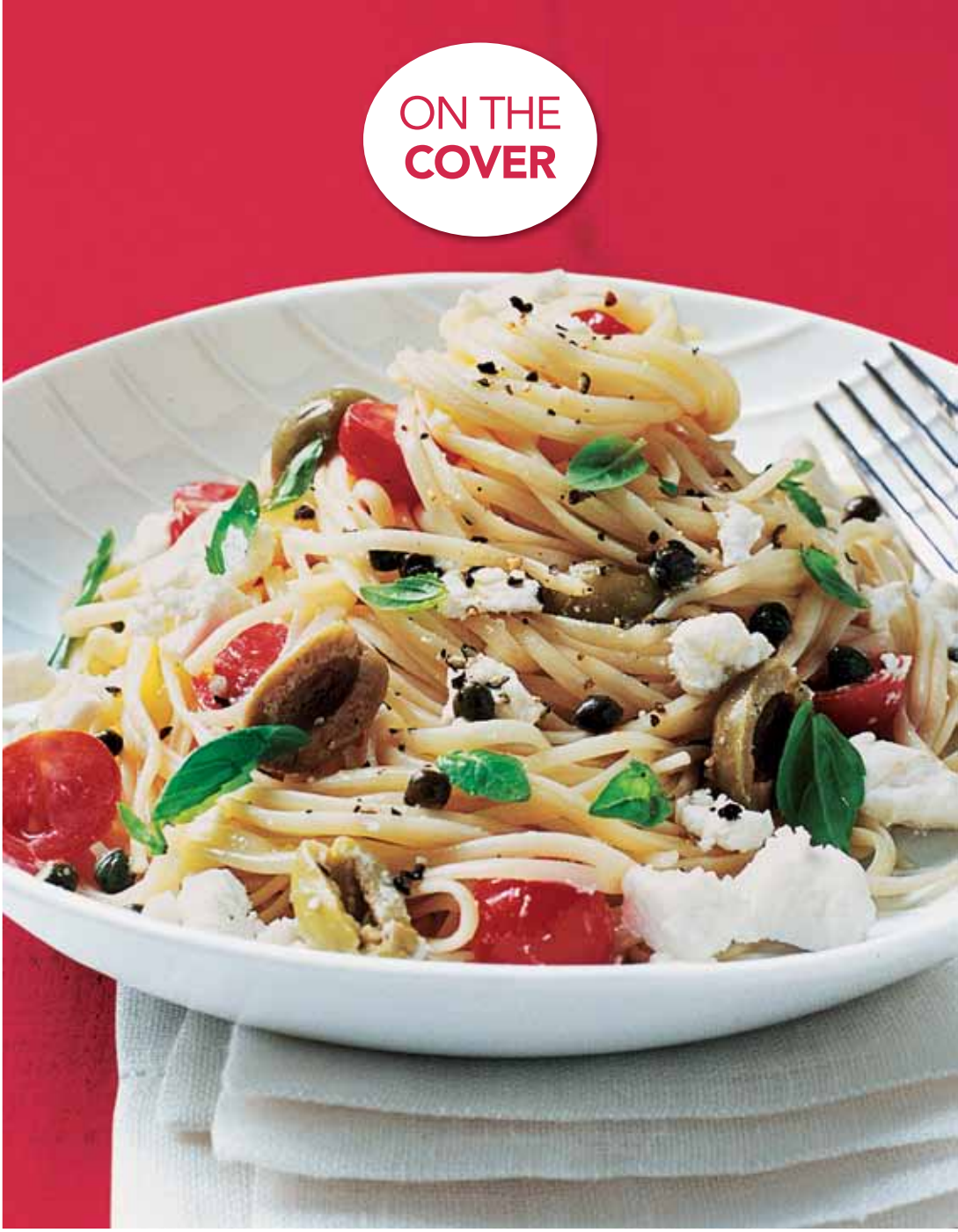
Tangy roasted peppers

SERVES 8 ● PREP 15 MINS ● COOK 10 MINS Easy V **Superhealthy**
Good source vitamin C

5 tbsp olive oil
4 peppers (red, yellow or orange are best)
1 garlic clove, crushed
2 tbsp red wine vinegar
handful capers, rinsed
handful flat-leaf parsley, roughly chopped

1 Rub 1 tbsp olive oil all over the peppers, then place on the barbecue or under a grill, turning until blackened all over. Put in a plastic bag, seal and leave until cool enough to handle.
2 Peel the blackened skin from the peppers, remove the stems, membrane and seeds, then tear into strips. Arrange on a platter or plate. Whisk together the remaining olive oil, garlic and vinegar with some seasoning. Drizzle the dressing over the peppers, then scatter with capers and parsley.

PER SERVING 85 kcals, protein 1g, carbs 4g, fat 7g, sat fat 1g, fibre 1g, sugar 4g, salt 0.2g



Mediterranean spaghetti

SERVES 2 ● PREP 10 MINS ● COOK10-12 MINS (SAUCE ONLY)

10 ripe cherry tomatoes
140g/5oz spaghetti
3 tbsp olive oil
2 garlic cloves, chopped
50-85g/2-3oz soft rindless goat's cheese
handful basil and/or snipped chives
handful of olives, halved and deseeded
black pepper to season

1 Pour boiling water over tomatoes to cover, leave for 1 min, then drain and slip off the skins. Halve the tomatoes. Cook pasta according to pack instructions.
2 Meanwhile, heat 1 tbsp of the oil in a frying pan. Add garlic, tomatoes, the rest of the oil and pepper and salt, if using. Heat through for 1-2 mins until just simmering.
3 Drain spaghetti and add to pan, tossing until lightly coated in sauce. Divide between two warm soup plates, crumble over the cheese and scatter over the herbs and olives. Serve with crusty bread and a glass of red wine.

PER SERVING 637 kcalories, protein 23g, carbohydrate 63g,fat 35g, saturated fat 10g, fibre 5g, sugar none, salt 1.98g



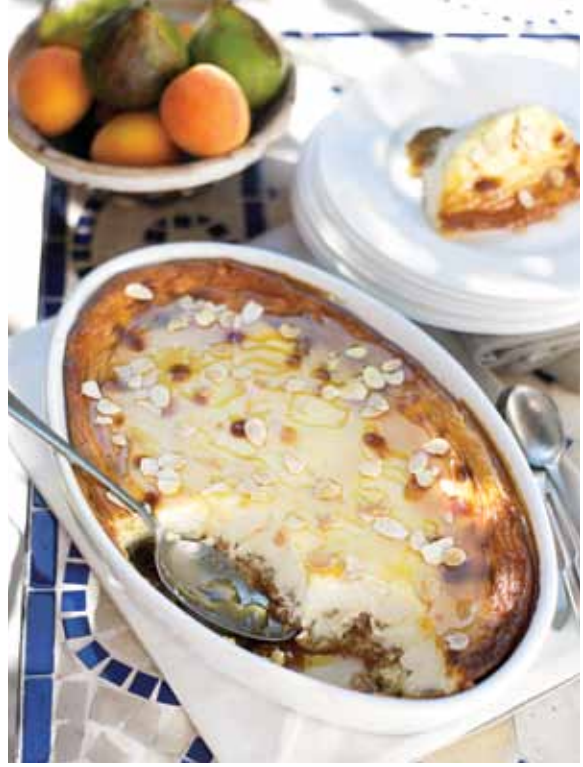
Creamy linguine with ham, lemon & basil

SERVES 6 ● PREP 10 MINS ● COOK 15 MINS Easy Good for you, low fat

400g/14oz linguine or spaghetti
90g pack prosciutto
1 tbsp olive oil
juice 1 lemon
2 egg yolks
3 tbsp crème fraîche
large handful basil leaves
large handful grated Parmesan, plus extra to serve, if you like

1 Cook the linguine. Meanwhile, tear the ham into small pieces and fry in the olive oil until golden and crisp.
2 Drain the pasta, reserving a little of the cooking water, then return to the pan. Tip in the cooked ham. Mix together the lemon juice, egg yolks and crème fraîche, then add this to the pan along with the basil and Parmesan. Mix in with tongs, adding a little of the cooking water, if needed, to make a creamy sauce that coats the pasta. Serve with extra Parmesan grated over the top, if you like.

PER SERVING 349 kcals, protein 15g, carbs 51g, fat 11g, sat fat 4g, fibre 2g, sugar 2g, salt 0.82g



Honey yogurt cheesecake

SERVES 8 ● PREP 30 MINS ● COOK 1 HR 25 MINS Easy

100g/4oz amaretti biscuits (or ginger or digestive biscuits)
85g/3oz toasted, flaked almonds
85g/3oz butter, melted
250ml/9fl oz Greek yogurt
750g/1lb 10oz mascarpone
2 eggs
zest 1 lemon
zest 1 orange
250ml/9fl oz honey (orange blossom is particularly good)
fresh fruit, to serve

1 Heat oven to 160C/140C fan/gas 3. Crush the biscuits and most of the almonds inside a plastic food bag using a rolling pin. Mix with the butter, then press into the bottom of a deep, oval, 23cm dish (or something similar in size – a roasting tin, baking dish or cake tin will work). Bake for 10 mins until crisp.
2 Stir or mash together the yogurt and mascarpone, then whisk in the eggs, one at a time. Stir in the lemon and orange zests, then stir in most of the honey, reserving about 3 tbsp. Spread over the biscuit base, cover loosely with foil and cook for 1 hr. Remove the foil and cook for 15 mins more until lightly golden and the top is firm with just the slightest wobble in the middle. Leave to cool. Can be kept in the fridge for up to 2 days.
3 To serve, scatter with almonds, drizzle over the remaining honey, and hand around fresh fruit to go with it.

PER SERVING 789 kcals, protein 12g, carbs 40g, fat 65g, sat fat 36g, fibre 1g, sugar 34g, salt 0.67g



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Stylish tea party with friends

Serve a posh afternoon tea

This gorgeous afternoon tea from the Good Food cookery team is perfect for a special occasion PHOTOGRAPHS **WILL HEAP**



Lemon fondant cake

As the name suggests, a key component in a scrumptious afternoon tea is, of course, the TEA! From Earl Grey and English Breakfast, to a variety of herbal teas, make sure you have a good selection of tea on offer. Serve in a teapot with pretty cups to make your party even more special.

Lemon fondant cake

SERVES 10 ● PREP 1 HR 15 MINS ● COOK 20-25 MINS Moderately easy ❄ Un-iced

350g/12oz very soft butter
350g/12oz caster sugar, plus 1 tbsp
250g/9oz self-raising flour
3 eggs
100g/4oz ground almonds
150ml pot natural yogurt
2 lemons, zest and juice

TO ASSEMBLE & DECORATE

12 tbsp lemon curd
500g pack marzipan
500g/1lb 2oz fondant icing sugar, sieved
yellow, pink and green food colouring

1 Heat oven to 180C/160C fan/gas 4. Grease and line bases of 3 x 20cm sandwich tins. Beat the butter, sugar, flour, eggs, almonds, yogurt, all the zest and half the lemon juice. Divide between the tins and bake for 20-25 mins until a skewer poked in comes out clean (you may want to change the shelves around after 20 mins to ensure the cakes cook evenly). Mix the juice of the second lemon with 1 tbsp sugar, poke the cakes a few times with a skewer and drizzle over. Cool in the tins on wire racks.
2 Sandwich the 3 sponges together with 8 tbsp of the lemon curd. Brush the rest over the top and sides of the cake. Break off 50g marzipan, then roll out the rest on an icing sugar-dusted surface until large enough to cover the cake. Cover the cake with the marzipan and transfer it to an upturned bowl or saucer on a tray, so the edges of the cake overhang the bowl, but it is stable.
3 Mix enough water into the fondant icing sugar to make a thick icing. Set aside a few tbsp, then mix some yellow food colouring into the rest. Spoon bit by bit over the cake, letting it dribble down the sides until the entire cake is covered (and excess has dripped off).
4 Knead pink colouring into half the marzipan and green into the other half. Roll out the green and cut out leaves. Use a cocktail stick to draw veins on. Press bits of the pink into long, flat sausages and roll up to look like roses. Put the reserved white icing into a food or piping bag. Snip the end and pipe fine squiggles over the cake. Add roses and leaves once the icing is almost set.

PER SERVING 1,015 kcals, protein 10g, carbs 149g, fat 46g, sat fat 21g, fibre 3g, sugar 125g, salt 0.82g



Queen of pudding cakes

CUTS INTO 16 SQUARES ● PREP 10 MINS ● COOK 30 MINS Easy ❄ Cake only

200g/7oz soft butter, plus extra for greasing
200g/7oz golden caster sugar
3 eggs
140g/5oz self-raising flour
50g/2oz custard powder
5-6 tbsp raspberry jam
16 mini meringues
icing sugar, to dust

1 Heat oven to 180C/160C fan/gas 4. Grease and line a 20cm square baking tin. Whisk together the butter, sugar, eggs, flour and custard powder until well combined and fluffy. Spread into the tin and bake for 25-30 mins until golden and risen. Cool in the tin.
2 Remove cooled cake from tin and spread with the jam. Trim the edges, then cut into 16 squares. Add a meringue to each just before serving.

PER SQUARE 232 kcals, protein 3g, carbs 31g, fat 12g, sat fat 7g, fibre none, sugar 22g, salt 0.32g

Little jam tarts

MAKES 20 ● PREP 15 MINS ● COOK 15 MINS Easy

Roll out **500g sweet shortcrust** pastry on a lightly floured surface to just under the thickness of £1 coin. Stamp out 20 x 5cm circles using a pastry cutter and line 2 mini muffin tins (or make in 2 batches). Prick with a fork and spoon **1 tsp jam** into each (we used **apricot**, **blackcurrant** and **strawberry**). Stamp out shapes from the leftover pastry to decorate the tarts, if you like.

Bake at 200C/180C fan/gas 6 for 12-15 mins, until the pastry is golden.

PER TART 132 kcals, protein 1g, carbs 15g, fat 8g, sat fat 3g, fibre 1g, sugar 6g, salt 0.13g

Cherry scones

MAKES 12-15 ● PREP 15 MINS ●
COOK 15 MINS Easy

450g/1lb self-raising flour
1 tsp bicarbonate of soda
100g/4oz cold butter, diced
2 tbsp caster sugar
284ml pot buttermilk
2 tbsp milk
2 tsp vanilla extract
100g/4oz glacé cherries, chopped
clotted cream and cherry or strawberry jam, to serve

1 Heat oven to 220C/200C fan/gas 7. Put the flour, ½ tsp salt, bicarb and butter into a bowl and rub in with your fingertips until the mixture resembles breadcrumbs. Mix in the sugar.
2 Quickly mix in the buttermilk, a splash of milk, vanilla and cherries and bring together to form a soft dough. Press out onto a lightly floured surface, to about 3cm thick. Cut out with 5cm cutters.
3 Transfer to a lightly floured baking sheet, brush with the remaining milk and bake for 12-15 mins until golden and well risen. Serve with clotted cream and jam.

PER SCONE 218 kcals, protein 4g, carbs 36g, fat 8g, sat fat 5g, fibre 1g, sugar 8g, salt 0.72g



Traditional with a twist

Prawn cocktail squares

MAKES 10 ● PREP 20 MINS ● NO COOK

Easy

Mix **100g mayonnaise** (use light, if you prefer) with **3 tbsp tomato ketchup**. Add **300g peeled cooked prawns** and some **black pepper**. Cut 4 **large slices rye bread** into small squares – you should be able to get 6 squares from each. Arrange on a platter. Shred **¼ iceberg lettuce**, divide between the squares, top each with a spoonful of prawns then a **sprinkle of cayenne pepper**.

PER SQUARE 135 kcals, protein 8g, carbs 7g, fat 8g, sat fat 2g, fibre 1g, sugar 2g, salt 1g

Cream cheese & cucumber fingers

MAKES 10 ● PREP 15 MINS ● NO COOK

Easy

Spread **6 slices white bread** and **6 slices brown bread** with some **soft cheese** (you'll need about 300g – use light if you prefer). Season. **Peel and thinly slice ½ cucumber**, layer on half the bread and sandwich with the other half of the slices. Trim the crusts, then cut each into 4 fingers.

PER FINGER 218 kcals, protein 4g, carbs 18g, fat 15g, sat fat 9g, fibre 1g, sugar 1g, salt 0.63g

Egg mayo & watercress rolls

MAKES 10 ● PREP 20 MINS ● COOK 10 MINS Easy

Good for you

Hard-boil 6 eggs for 10 mins, then drain and cool under cold water for 5 mins. Peel, roughly chop and put in a bowl. Roughly chop a **handful watercress**, and stir this into the eggs with some **salt and pepper** and **8 tbsp good-quality mayonnaise**. Divide the filling between **20 small assorted rolls**.

PER ROLL 265 kcals, protein 10g, carbs 24g, fat 15g, sat fat 3g, fibre 2g, sugar 2g, salt 0.88g



Grab a favourite before they go!

Mini sausage croissants

MAKES 20 ● PREP 10 MINS ● COOK 25 MINS Easy

375g pack ready-rolled puff pastry
a little flour for dusting
20 cocktail sausages
1 egg, beaten

1 Heat oven to 200C/180C fan/gas 6. Unroll the pastry on a lightly floured surface and cut in half horizontally. Slice each half into 5 equal strips. Cut each rectangle in half diagonally to make 2 long triangles.
2 Put a sausage on the fattest end of the pastry triangle and roll up. Repeat with the remaining sausages, then pop them all onto a greased baking tray. You can cover and chill for up to 2 days now.
3 Brush the rolls with the beaten egg and cook for 25 mins until puffed up and golden. If you want to cook them ahead, but still serve them warm, simply pop back in a hot oven for 5 mins before serving.

PER CROISSANT 114 kcals, protein 3g, carbs 7g, fat 9g, sat fat 3g, fibre none, sugar none, salt 0.37g

Coronation pies

MAKES 12 ● PREP 15 MINS ● COOK 25 MINS Easy

1 tbsp olive oil
1 onion, chopped
2 tbsp medium curry powder
3 tbsp mango chutney
140g/5oz cooked chicken breast, diced into chunks
140g/5oz soured cream
knob of butter
500g pack shortcrust pastry
flour, for dusting
1 egg, beaten
2 tbsp flaked almonds

1 Heat the oil in a small frying pan. Cook the onion in the oil until soft, about 5 mins, then stir in the curry powder and cook for 1 min more. Scrape into a mixing bowl and stir in the mango chutney, followed by the chicken and soured cream, then season.
2 Heat oven to 200C/180C fan/gas 6. Cut 24 strips of baking parchment as wide as the base of your muffin tin and grease one side with a little butter to help them stay in place. Criss-cross 2 into each hole of a 12-hole muffin tin so the edges of the strips stick out – this will help you remove the pies easily once cooked. Thinly roll out three-quarters of the pastry on a lightly floured surface. Stamp out 12 circles big enough to line the holes generously, with a little pastry overhang at the top for sealing.
3 Divide the chicken filling between the pies. Roll out remaining pastry and cut 12 lids. Top each pie with a pastry lid, press together the edges to seal and roll down any excess pastry to make a lipped-edge. Brush the tops with more beaten egg and scatter with almonds. Poke a fork in each to let the steam out while they cook and bake for 20-25 mins or until golden and cooked through.

PER PIE 281 kcals, protein 8g, carbs 23g, fat 19g, sat fat 8g, fibre 2g, sugar 4g, salt 0.57g

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Flying Flavours

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1 May - 30 June 2011





Spring has started at Benjarong with a delectable array of poultry dishes prepared in authentic Royal Thai-style.

Chicken, duck, turkey, and quail are featured in mouthwatering dishes such as: Larb Ped Udon (minced duck salad with Thai herbs), Bamee Gai Toon (egg noodle soup with braised chicken), Gai Nguang Tod Kratiem Prigthai (crispy turkey breast with garlic and pepper), and Nok Krata Ob Yord Pak (baked quail with kale and shitake mushroom).

For reservations, please call +971 4 317 4515 or E-mail: dine.dtdu@dusit.com

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Celebrate French-style

There are no rules about what to serve for a celebration, only that the meal should be long and leisurely, and the food utterly delicious. Five courses may seem daunting both for the cook and the diner. However, each dish is small and packed with flavour

MARY CADOGAN, FOOD WRITER

Five-course menu for 6

- Potage Dubarry with crisp chorizo (creamy cauliflower soup)
- Smoked salmon with lentil salad
- Poule au pot with stuffing balls & garlic cream
- French cheeses with cracked walnuts & dates
- Mini Paris-Brest with white chocolate & crystallised fruit

Creamy cauliflower soup

Photographs DAVID MUNNS | Portrait photo ROGER STOWELL | Food styling EMMA-JANE FROST | Styling LISA HARRISON



Potage Dubarry with crisp chorizo

(Creamy cauliflower soup)

SERVES 6 ● PREP 20 MINS ● COOK 35 MINS Easy

The contrast of creamy cauliflower soup, crisp little florets and salty, spicy chorizo makes for a great start to this special meal.

1 large cauliflower, cut into florets
25g/1oz butter
2 shallots, chopped
2 medium potatoes, chopped
500ml/18fl oz milk
500ml/18fl oz vegetable stock
150ml/¼pt double cream
2 tbsp olive oil
12 slices chorizo
1 tbsp chopped coriander

1 Set aside two handfuls of small cauliflower florets. Heat the butter in a large pan, add the shallots and gently fry until soft but not brown. Add the cauliflower, potatoes, milk and stock. Season and bring to the boil, then reduce the heat, cover and gently simmer for 15-20 mins until the vegetables are tender. Purée until smooth either with a stick blender or in a food processor (you will need to do this in batches). Return to the pan and add the cream. Warm through and add more seasoning if necessary.
2 Heat the oil in a pan, add the reserved cauliflower florets and fry until brown and starting to soften. Add a splash of water, cover and cook for a further 1-2 mins until just tender. Tip the cauliflower into a bowl. Add the chorizo to the pan and fry quickly on each side until crisp. Drain on kitchen paper.
3 Serve the soup in bowls with a small pile of crisp cauliflower in the centre, topped with a couple of slices of chorizo and scattered with coriander.

PER SERVING 323 kcals, protein 11g, carbs 15g, fat 25g, sat fat 12g, fibre 3g, sugar 9g, salt 0.64g

Smoked salmon with lentil salad

SERVES 6 ● PREP 15 MINS ● COOK 25-30 MINS ● Easy

175g/6oz Puy lentils
1 shallot, finely chopped
1 tbsp wholegrain mustard
2 tbsp white wine vinegar
6 tbsp good olive oil
3 eggs
2 tbsp dill, chopped, plus extra fronds to garnish
12 slices smoked salmon

1 Rinse the lentils, then put them in a pan and cover generously with water. Bring to the boil, then turn down the heat and simmer for 25-30 mins until tender. Drain well and leave to cool. Put the shallot in a bowl with the mustard, vinegar and seasoning. Mix well and whisk in the oil.

2 Put the eggs into a small pan and cover with water. Bring to the boil, then simmer for 3 mins. Cool quickly under running cold water and peel off the shells. Put in a bowl of cold water until ready to serve.
3 Stir the dill into the dressing and pour it over the lentils. Spoon onto 6 plates, then halve the eggs and put one half on each plate with two slices of smoked salmon. Sprinkle with black pepper, scatter over a few dill fronds and serve.

PER SERVING 307 kcals, protein 24g, carbs 15g, fat 17g, sat fat 3g, fibre 3g, sugar 1g, salt 2.61g



Make a real statement and serve your cheese selection on a large platter with dates and walnuts to crack at the table for everyone to help themselves

French cheeses with cracked walnuts & dates

SERVES 8

I suggest you offer three or four cheeses and serve 150g of each – pick one from each of these categories.

Creamy Brie de Meaux, Chaource, Pont l'Evéque or Reblochon
Nutty Mountain cheeses such as Beaufort, Salers or Comté
Blue St Agur, Roquefort or Bleu D'Auvergne
Goat Chabichou du Poitou, Crottin de Chavignol, Valençay

WANT TO GET AHEAD?

- The soup will keep for 2 days in the fridge or can be frozen for up to 1 month.
- The lentils and their dressing can be made 2 days in advance. Store in the fridge.
- The eggs can be boiled in the morning. Keep covered in cold water in the fridge.
- The stuffing balls and garlic cream can be made the day before. Store in the fridge.
- Bake choux rings 2 days before and keep in the fridge or for up to 1 month in freezer. Crisp again briefly in the oven before using, then fill and decorate up to 8 hours before serving – keep chilled.

Poule au pot with stuffing balls & garlic cream

SERVES 6 ● PREP 40 MINS ● COOK 2 HRS Easy

1.5 kg/3lb 5oz chicken
300ml/½pt white wine
1 onion, peeled, but left whole
3 cloves
1 bouquet garni (tied bundle of herbs)
2 garlic cloves
12 small potatoes
4 carrots, cut into 5cm lengths
2 turnips, cut into wedges
3 leeks, cut into 5cm lengths
roughly chopped parsley, to serve

FOR THE STUFFING BALLS

200g/7oz lean minced pork
100g/4oz streaky bacon, cut into dice
100g/4oz chicken livers, finely chopped
2 tbsp olive oil
2 shallots, diced
2 garlic cloves, crushed
1 egg, beaten
handful parsley leaves, chopped
100g/4oz fresh white breadcrumbs

FOR THE GARLIC CREAM

3 garlic cloves, left whole
200ml tub crème fraîche

1 Heat oven to 180C/160C fan/gas 4. Put the chicken in a flameproof casserole dish and pour over 600ml water and the wine. Stud the onion with the cloves. Add to the pan with the bouquet garni, garlic and seasoning, then bring to the boil. Cover and put in the oven for 1½ hrs.

2 To make the garlic cream, simmer the unpeeled garlic cloves in a small pan of water for 30 mins until soft. When cool enough to handle, squeeze out into a bowl and mash with salt and pepper. Stir in the crème fraîche and tip into a bowl, then keep in the fridge until needed.

3 For the stuffing, mix the meats in a bowl. Heat the oil in a small pan and gently fry the shallots and garlic until softened but not browned. Add to the bowl with the egg, parsley, breadcrumbs, seasoning, then mix well. Shape into 18 balls and put in a shallow baking tray.

4 Remove chicken after 1½ hrs and put it on the hob on medium heat. Place the stuffing in the oven for 25-30 mins until browned and crisp. Add the vegetables to the chicken pot. Cook for 25-30 mins, then lift out the chicken to a plate and keep the veg warm in the stock.

5 Remove chicken's skin, and break the flesh into chunks. Put on a warm platter with the stuffing and the veg. Add a ladle of cooking stock and the parsley. Serve the rest of the cooking juices in a jug.

PER SERVING 745 kcals, protein 54g, carbs 48g, fat 37g, sat fat 16g, fibre 7g, sugar 14g, salt 1.31g





Mini Paris-Brest with white chocolate & crystallised fruit

MAKES 8 ● PREP 40 MINS ● COOK 25-30 MINS Moderately easy ❄ CHOUX CAN BE FROZEN

This gorgeous confection was invented to celebrate the Paris-Brest cycle race – it's meant to resemble a bicycle wheel.

FOR THE CHOUX PASTRY
70g/2½oz plain flour
50g/2oz butter
2 large eggs
FOR THE FILLING
250ml/9fl oz double cream
1 tsp vanilla paste or extract
150g/6oz white chocolate
140g/5oz crystallised fruit, chopped
2 tbsp toasted flaked almonds, chopped
icing sugar, for dusting

1 Heat the oven to 200C/180C fan/gas 6. Line a large baking sheet with baking paper and mark 8 circles about 8-9cm across using a glass or mug. Turn the paper over. Sift the flour onto a sheet of baking paper. Put the butter and 150ml water into a pan, then bring slowly to the boil until the butter has melted. When the water is bubbling, remove quickly from the heat, tip in the flour all at once and beat quickly with a wooden spoon until it forms a dough that leaves the side of the pan clean. Remove from the heat and cool for 3 mins.
2 Lightly beat the eggs with a fork. Add the egg to the dough gradually, beating well with each addition until the dough is smooth and glossy. Put this dough into a piping bag fitted with a large plain nozzle (about 2cm across) or use a large food bag with the corner snipped off. Pipe 8 thick rings onto the baking sheet using the marked circles as a guide.
3 Bake the buns for 20-25 mins until crisp and golden, then split them carefully in half through the centre using a sharp knife in a sawing action; return to the oven for 5 mins. Transfer to a cooling rack, taking care to keep the tops and bottoms together, and leave to cool. Whip the cream to soft peaks and stir in the vanilla. Melt 100g of the chocolate for 1-2 mins in a microwave. Leave to cool slightly, then fold into the cream.
4 Stir half the crystallised fruit and the almonds through the cream. Fill the choux rings with the mixture using two teaspoons. Melt the remaining chocolate and drizzle over the choux rings. Scatter with crystallised fruit and leave to set. Dust with icing sugar before serving.

PER SERVING 421 kcals, protein 5g, carbs 32g, fat 31g, sat fat 17g, fibre 2g, sugar 21g, salt 0.25g

Passion by Perrier

The source of Perrier is located in Vergeze, in the south of France, where bubbling blend of water and gas has flowed for centuries. This fun, non-alcoholic cocktail, made with Perrier, is refined, subtle and delicious.



3 strawberries, cut into pieces
3 fresh basil leaves
1 cl (0,3 oz) of MONIN passion fruit syrup
Ice cubes
12 cl (4 oz) of PERRIER

1 Crush the strawberries and basil with a pestle in a mixing glass: this will encourage the flavours and aromas to develop. **2** Add the MONIN syrup, ice, and, at the end, the PERRIER.

The spicy flavour of the passion fruit blends perfectly with the green peppery taste of the basil and the sweetness of the strawberries. The addition of PERRIER reveals and enhances this blend. Mix carefully and strain into a cocktail glass. Decorate the glass with a triangle of green apple, a strawberry petal and a leaf of fresh mint



WIN WIN WIN!

Two lucky readers stand a chance to win a case of Perrier or Vittel water. To enter, simply send the answer to the question below, as well as your name and contact details to *competitions@bbcodfoodme.com*, or visit the competitions page on www.bbcgoodfoodme.com.

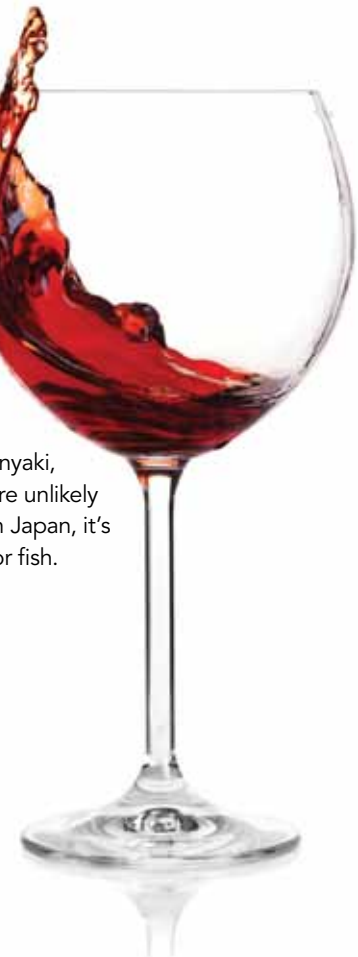
Q: What country does Perrier come from?



For a relaxed night out with friends to enjoy good food, great wine and lovely atmosphere – where in Dubai would you choose to go?
Most definitely Rivington Grill. Quality and affordable no-fuss food, but where it excels is the very personalised, consistently good service. And of course its location overlooking Dubai's magical fountains never ceases to impress me.

What do you think is Dubai's best kept culinary secret?
Bukhtair – a shack on the beach that serves the most exquisite fresh fish cooked Keralan style. Pomfret, shari, prawns and more, all caught locally. Cheap, cheerful and spotlessly clean. The best way to reach is to take the immediate right turn after Chalet restaurant on Jumeirah Beach Road. Bukhtair is open for lunch and dinner, but dinner is a better option especially with the warmer weather creeping in. Clearly it's now no longer a secret!

Where is your top foodie travel destination?
I have so many, but if I had to pick a favourite, I'd go for Japan. I travelled around the country last summer and loved the variety. Specialty restaurants for sashimi, tempura, teppanyaki, yakitori, kaiseki etc. You're unlikely to find salmon sashimi in Japan, it's considered a very inferior fish.





Finding FooDiva

Looking for a place to dine out this weekend? FooDiva might just have the answer. *Lauren Hills* sits down for lunch and a chat with Samantha Wood, founder and managing director of Foodiva.net, a UAE-based website dedicated to impartial restaurant reviews

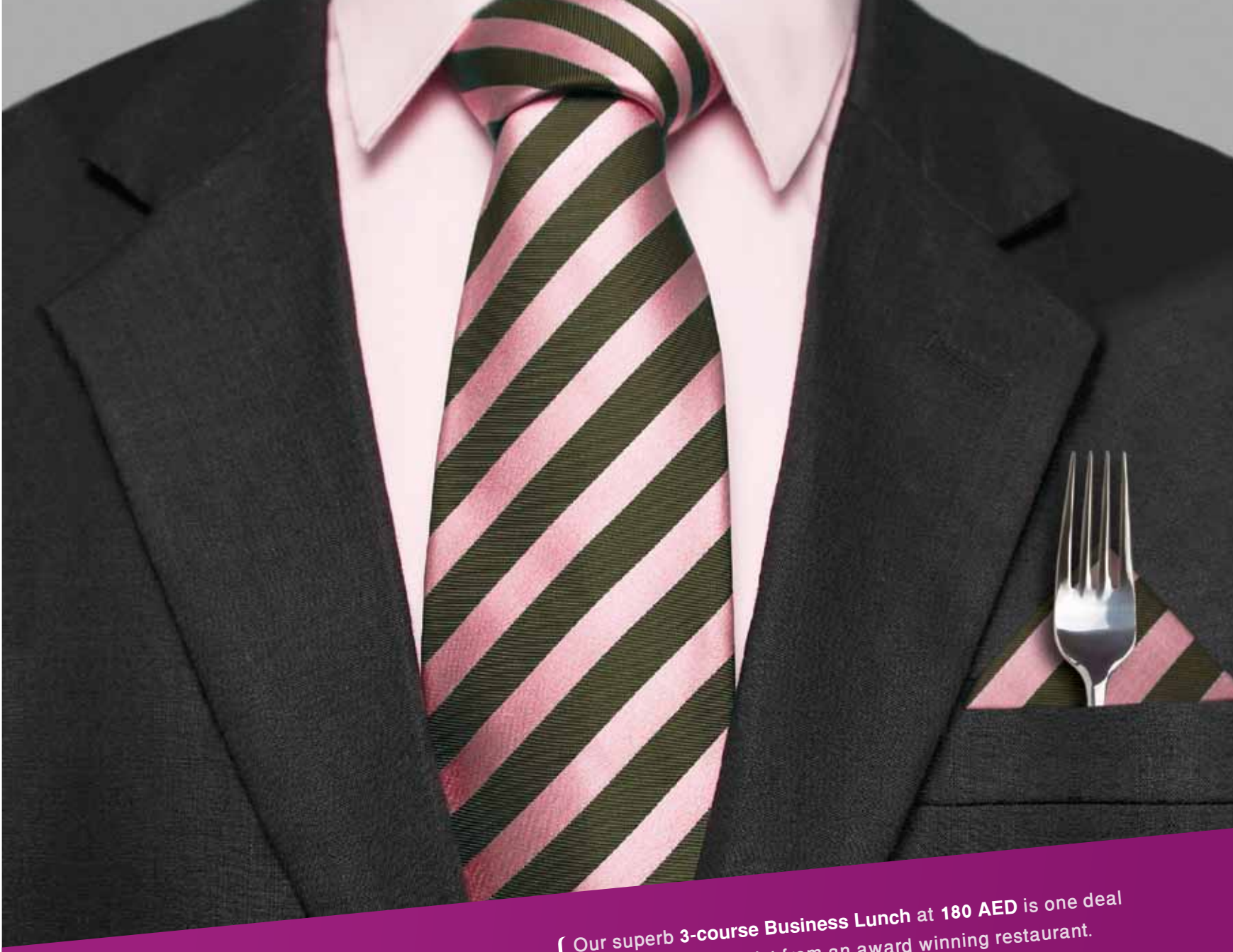
In line with our Mediterranean issue – what are your top three Med restaurants in Dubai, and why?
Mediterranean cuisine, strictly speaking, covers such a diverse range of countries that all borders on the Med Sea, from Southern Europe to North Africa and even Middle East, but to narrow it down I will pick one from Greece, Italy and France.



1. I am half Greek-Cypriot and would have to vote for Elia, a Greek restaurant in Bur Dubai's Majestic hotel. I realise I may be biased, but if you love Greek cuisine or simply want to try good home-cooked food in a relaxed environment, then Elia is an excellent, good value-for-money choice.
2. Italian is a tough category in this town due to the sheer number of restaurants, but actually only a handful truly honour authentic Italian cuisine. My vote goes to Carluccio's.
3. Famed for its French Nicoise cuisine, and its signature salad of the same name, La Petite Maison opened last year at DIFC's Gate Village. Dishes are served from the open plan kitchen as and when they are ready, with the concept of sharing. There are a staggering 22 'hors d'oeuvres' to choose from, plus another 17 'plats principaux' – exquisite food and service, but at a price.



When shopping for top quality ingredients, where do you go for...
Cheese? Jones The Grocer in Abu Dhabi – can't wait for it to open in Dubai. Lafayette Gourmet also has a good selection.
Meat? Prime Gourmet at the Gold & Diamond Park. Currently the only dedicated butchery in Dubai.
Seafood? Carrefour's fish counter.



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Reflets par Pierre Gagnaire is extremely proud of winning the Time Out Dubai Restaurant Awards 2011, retaining its title as Best Restaurant in Dubai, and regaining its titles for Best French and Best European Contemporary.

This is a true testament to the passion and dedication of the Reflets team. It is however all about our guests, and we look forward to continue doing what we do best – to welcome, delight, surprise, and enchant all our diners.

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Friday night with friends

Sarah Cook's menu is perfect for entertaining, it looks impressive, but is deceptively simple. A leg of lamb makes a fantastic, fuss-free main course for a dinner party packed with Middle-Eastern flavours

On the menu

To serve 6

- **Easy mezze**
- **Slow-roast lamb with cinnamon, fennel & citrus**
- **Crunchy potatoes with dill & onions**
- **Herb salad with pomegranate & pistachios**
- **Almond & honey pastries with orange cream**
- **Honeyed orange & grapefruit**

Slow-roast lamb with cinnamon, fennel & citrus

SERVES 6 ● PREP 15 MINS PLUS OVERNIGHT MARINATING PLUS RESTING ● COOK 4 HRS 20 MINS Easy

1 leg of lamb
zest and juice 1 lemon and 1 orange
4 tbsp olive oil
2 tbsp clear honey
1 tbsp each of cinnamon, fennel seeds, ground cumin
3 garlic cloves, crushed

1 Put the lamb into a large food bag with all the juice and marinate overnight.
2 The next day, take the lamb out of the fridge 1 hr before you want to cook it. Heat oven to 220C/200C fan/gas 7. Take the lamb out of the marinade (reserve remaining marinade) and pat dry. Rub with half the oil and roast for 15-20 mins until browned. Remove lamb and reduce oven to 160C/140C fan/gas 3.
3 Mix the zests, remaining oil, honey, spices and garlic with plenty of seasoning. Lay a large sheet of baking parchment on a large sheet of foil. Sit the lamb leg on top, rub all over with the paste and pull up the sides of the foil. Drizzle marinade into base, and scrunch foil to seal.
4 Roast for 4 hrs, until very tender. Rest, still wrapped, for 30 mins. Unwrap and serve with juices.

PER SERVING 514 kcals, protein 50g, carbs 8g, fat 32g, sat fat 13g, fibre 0g, sugar 5g, salt 0.29g

Slow-roast lamb with cinnamon, fennel & citrus



Easy mezze

SERVES 6 ● PREP 20 MINS ●
COOK SEE PACKS Easy

Good quality ready-prepared items from the supermarket make this the easiest ever starter

6 flatbreads or 9 pittas
tub of houmous
1 tbsp toasted sesame seeds
little olive oil
tub of olives
2-3 heads chicory
Any Middle Eastern or Turkish-style nibbles you like (we used Spinach falafel from Waitrose and Butternut squash parcels and Koftas from Marks & Spencer)
FOR THE FETA DIP
200g pack feta
200g/7oz Greek yogurt (buy a 500g tub – you'll use the rest for pud)
few dill leaves

1 To make the dip, whizz the feta and yogurt in a food processor until smooth, then scrape into a serving bowl and chill.
2 To serve, warm flatbreads or pitta and cook any nibbles, following pack instructions. Scrape houmous into a serving dish, scatter with the seeds and drizzle with oil. Scatter feta dip with chopped dill and a little black pepper. Separate chicory leaves and serve everything in the middle of the table.

PER SERVING 606 kcals, protein 20g, carbs 58g, fat 35g, sat fat 10g, fibre 6g, sugar 6g, salt 4.16g



Crunchy potatoes with dill & onions

SERVES 6 ● PREP 20 MINS ● COOK 40 MINS
Easy **Superhealthy** good source of vit c

1.5kg/3lb 5oz Desirée potatoes, cut into roughly 1in chunks
3 tbsp olive oil
1 onion, as thinly sliced as you can
small bunch dill, roughly chopped

1 Bring a large pan of salted water to the boil. Add spuds, bring back to the boil, then cook for 3 mins. Drain really well, leave in the colander for 10 mins to steam dry. Toss with the oil, onion and seasoning in a large roasting tin.
2 When the lamb is done, turn the oven up to 220C/200C fan/gas 7 and put in the potatoes. Roast for 30 mins, stirring halfway, until golden and crunchy. Stir in the dill and put back in the oven for 5 mins, then serve.

PER SERVING 244 kcals, protein 6g, carbs 45g, fat 6g, sat fat 1g, fibre 4g, sugar 3g, salt 0.05g

Herb salad with pomegranate & pistachios

SERVES 6 ● PREP 15 MINS ● NO COOK
Easy Good for you

juice 1 orange
3 tbsp red wine vinegar
1 tbsp clear honey
small bunch dill, very roughly chopped
small bunch mint, picked and torn
bunch spring onions, finely sliced
100g bag mixed salad leaves
120g tub pomegranate seeds (or seeds from 1 pomegranate)
100g bag pistachios, roughly chopped

Mix the juice, vinegar and honey with seasoning. Tip rest of the ingredients into a large mixing bowl, drizzle over the dressing and gently toss to serve.

PER SERVING 131 kcals, protein 4g, carbs 8g, fat 9g, sat fat 1g, fibre 1g, sugar 8g, salt 0.01g

Almond & honey pastries with orange cream

MAKES 12-16 ● PREP 45 MINS ● COOK 15 MINS Moderately easy ❄ uncooked

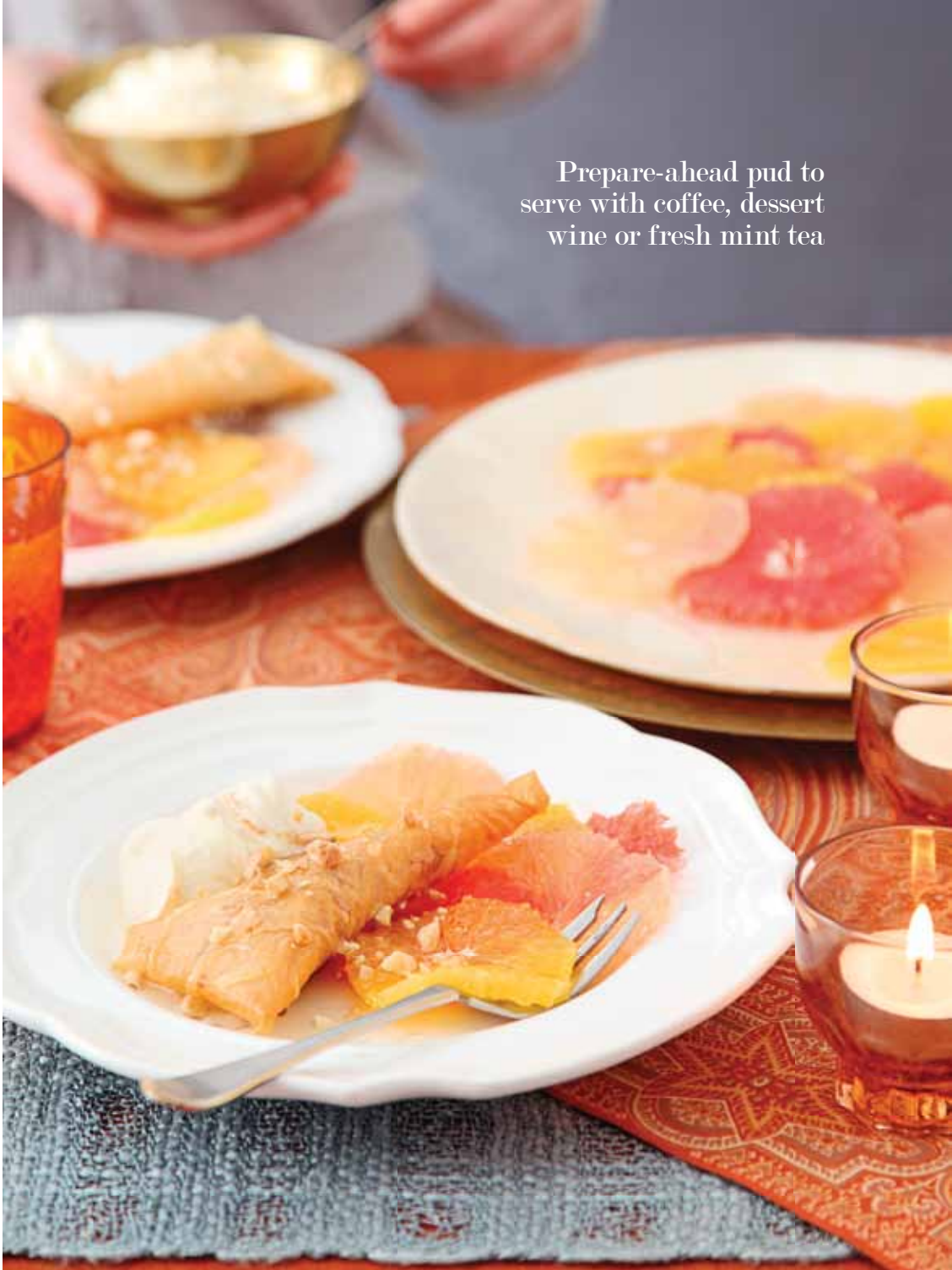
200g/7oz whole blanched almonds, toasted and roughly chopped
85g/3oz icing sugar, plus extra to serve
85g/3oz butter, melted
2 tsp orange blossom water
1 tsp cinnamon
1 egg yolk
190g pack brik pastry (see box, below)
clear honey, to serve

FOR THE CREAM

zest 1 orange (use orange from salad)
300g/11oz Greek yogurt
300ml tub double cream
2 tbsp icing sugar, sifted

1 Set aside a quarter of the almonds. Put the rest in a food processor with the icing sugar, half the butter, orange blossom water, cinnamon and egg yolk. Whizz to a paste. Scrape into a bowl and stir in most of the remaining chopped nuts.
2 Unroll one sheet of brik pastry at a time, brush all over with melted butter and halve into 2 semi-circles. Shape 1 heaped tbsp of the nut mixture to look like a thin wedge shape along half the pastry edge you've just cut (leaving 2.5cm border on the rounded side), so it looks as if you're cutting the semi-circle of pastry into pieces like a cake. Roll up like a pastry cone, sealing the nut mixture inside, then brush all over with more butter and fold over the open, wide end to seal. Sit on a baking tray, end flap side down to help it stay closed, and repeat until nut mixture is used up. Cover with cling film and chill. Put zest, yogurt, cream and icing sugar in a mixing bowl. Cover and chill.
3 Turn oven to 200C/180C fan/gas 6 when the crunchy potatoes come out. When you've finished the main course, put the pastries in and bake for 15 mins until golden and crisp. Just before they're ready, beat together the yogurt mixture until thick. Pile pastries onto a serving dish, drizzle with honey and scatter with remaining nuts. Serve with the orange cream, and alongside the Honeyed orange & grapefruit (see right).

PER SERVING 397 kcals, protein 7g, carbs 21g, fat 32g, sat fat 14g, fibre 2g, sugar 13g, salt 0.26g



Prepare-ahead pud to serve with coffee, dessert wine or fresh mint tea

Honeyed orange & grapefruit

SERVES 6 ● PREP 10 MINS ● NO COOK
Easy **Superhealthy** Counts as 1 of 5-a-day, good source of vit C

3 oranges
1 pink grapefruit or pomello
1 red grapefruit
2 tbsp clear honey
1-2 tbsp orange blossom water

Zest 1 orange for cream (see left), then top and tail all the oranges and grapefruits. One at a time, sit each on a board and using a small, sharp serrated knife slice away the peel and pith. Thinly slice into rounds. Arrange on a platter, drizzle over honey and orange blossom water, and set aside at room temperature, loosely covered with cling film until ready to serve. Serve with the pastries and orange cream.

PER SERVING 66 kcals, protein 2g, carbs 16g, fat none, sat fat none, fibre 2g, sugar 16g, salt 0.02g



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Kitchen must-haves

● Pasta

Perhaps surprisingly, Italians tend to eat more dried pasta than fresh. When pasta is made at home, it's usually for special occasions. Choose your pasta according to the sauce you intend to serve. Long ribbon pastas such as tagliatelle are best served with butter, tomato, cream and fish sauces. Spaghetti and linguine are matched by pesto, tomato, fish and meat sauces, including Bolognese of course. Short pasta shapes such as orecchiette and conchiglie are best with vegetable sauces or pesto, as the curves and indentations of the pasta are ideal for holding small morsels of sauce. And the tiny pasta shapes (pastina), from stellini to farfalline, are destined for soups.

● Canned tomatoes

We Italians just love canned tomatoes – they form the foundations for so many of our recipes for soups, sauces, casseroles, bakes and pizza. But I recommend cans of chopped tomatoes rather than plum tomatoes, as they contain more flesh per can.

● Dried herbs

Top of my list is oregano, so delicious sprinkled into sauces, stews, lamb dishes, all soups and tomato-based dishes. Pepperoncino – dried hot chilli flakes – are also very important, and fennel seeds are handy, too.

Garlic

One of the foundation stones of Italian cooking. It appears in virtually every sauce for pasta, and indeed one of the most basic spaghetti sauces simply consists of garlic and olive oil: *spaghetti con aglio e olio* is eaten at least once a fortnight in most homes. Garlic enhances vegetables, salads, dressings, soups, dips, sauces such as tapenade and pesto, and – when roasted – it can be spread onto bruschetta or crostini. Buy bulbs with tight, dry skin and no signs of sprouting. Store in a cool, dry place, out of the fridge.

● Dried mushrooms

Stored in sealed jars, these boost flavour second to none and have a good shelf life. When dried, the porcini (little pig) or cep becomes one of the primary sources of flavour in many Italian dishes. Use in pasta, polenta and meat sauces, with vegetables (great with potatoes) and on pizza. Keep the soaking liquid and use it as you would strong stock – to enrich soups, risottos and sauces.

● Risotto rice

There are three types – all produce slightly different results. Arborio gives regular creamy risotto; vialone nanno (my favourite) has fatter, shorter grains, lots of starch and very creamy results and carnaroli has a longer grain, less starch and cooks in about 20 minutes. Chefs prefer the latter as it is easier to cook and still retains a hint of chalkiness.

● Good oil

Extra virgin olive oil is such a wonderful ingredient, and vital for tasty dishes and superior flavour – not just in salads but to dress soups, casseroles and fish. Olive oils vary in flavour and colour depending on where they're from, from peppery and robust to light and delicate – which you use is up to you.

● Nuts and seeds

These are a very rich source of natural fats and proteins, especially useful if you don't eat meat. The ones I like best are hazelnuts, pine nuts, walnuts, flaked and whole almonds, pistachio nuts, chestnuts, dried sesame seeds and sunflower seeds. Always keep cool to preserve the vitamin E content.

● Parmesan

This famous Italian cheese is used as an essential flavouring in many dishes. Made with semi-skimmed, unpasteurised cow's milk, it has a brittle, grainy texture and a fruity, fragrant flavour. Look for mature Parmesan, aged for 24+ months, as this is the classic cheese for grating over and flavouring pasta, risotto, polenta and other dishes.

EMILY'S MENU FOR SIX

- Deli board with bread and crudités
- Slow roast porchetta
- Potato salad with yoghurt Dijon dressing
- Bean, pea and hazelnut salad
- Zuccotto with orange and chocolate



For me, cooking is about creating a shared, convivial space that brings people together around the table, and I've learned the hard way that it's impossible to make people happy if you're a bundle of stress. So my menu is designed to create not only delicious food, but also a relaxed atmosphere for my guests. I don't make formal three-course meals, so the starters are something to nibble on to get everyone in the mood. I've made the porchetta many times – recently for a raucous lunch where six of us were crammed around the kitchen table

Deli board with bread and crudités

1 HOUR ● SERVES 6 ● Easy *This is a selection of things to graze on while having a pre-lunch drink. You will also need something to dip with, such as toasted pitta bread or crudités*

olive oil
toasted pitta breads or sourdough
crudités such as sliced baby fennel, chicory leaves, cherry tomatoes

MARINATED OLIVES
olive oil
garlic 1 clove
fennel seeds 1 tsp
coriander seeds 1 tbsp
chilli flakes 1/2 tsp
orange 1/2, zested
green and black olives 250g

BABA GANOUSH
aubergine 1 large or 2 small
Greek yoghurt 2 tbsp
pomegranate molasses 1 tbsp
garlic 1 clove, finely chopped
lemon 1/2 , juiced
olive oil

ROASTED PEPPERS WITH BAKED RICOTTA
red and yellow peppers 3-4
baked ricotta 1, available from Italian delis or use a 150g log of goat's cheese

GUACAMOLE
avocados 2, very ripe
natural yoghurt 1 tbsp
red chilli 1, chopped (optional)
spring onions 2, finely chopped
coriander 1/2 a small bunch, finely chopped
lime 1, juiced

1 Make the marinated olives the day before or in the morning. Heat 2 tbsp olive oil in a small pan, add the garlic, fennel seeds, coriander seeds, chilli flakes and orange zest. Warm through until fragrant, then add the olives. Serve at room temperature.
2 To make the baba ganoush, heat the grill for 10 minutes. Put the whole aubergine(s) on a foil-lined tray and grill them, turning as each side blackens, for about 20-25 minutes. They need to be very soft and black. Cool, then cut open and scrape out the soft flesh, discarding the skin. Chop finely and put in a bowl with the yoghurt, pomegranate molasses, garlic, lemon juice, 2 tbsp olive oil and some seasoning. Mix well. Drizzle with extra pomegranate molasses to serve.
3 Put the peppers on a foil-covered tray under a hot grill. Roast each side till blackened, then seal in a plastic bag till cool enough to handle. Peel and discard the skin, seeds and membrane and thickly slice. Take a piece of soft pepper and wrap around a small piece of baked ricotta or goat's cheese and secure with a toothpick.
4 Make the guacamole just before serving so it doesn't turn brown. Peel, stone then mash the avocados. Add the yoghurt, chilli (if using), spring onions, coriander, lime juice and a pinch of salt.

OLIVES PER SERVING 44kcals, protein 0.7g, carbs 0.9g, fat 4.1g, sat fat 0.5g, fibre 1g, salt 1.91g
BABA GANOUSH PER SERVING 56kcals, protein 1g, carbs 3.4g, fat 4.4g, sat fat 0.8g, fibre 1.4g, salt 0.01g
ROASTED PEPPERS WITH RICOTTA PER SERVING 81kcals, protein 4.7g, carbs 5.1g, fat 4.8g, sat fat 2.9g, fibre 1.1g, salt 0.11g
GUACAMOLE PER SERVING 89kcals, protein 1.1g, carbs 1.2g, fat 8.9g, sat fat 1.1g, fibre 1.6g, salt 0.01g

Slow roast porchetta

3 HOURS 15 MINUTES + OVERNIGHT MARINATING ● SERVES 6 ● Easy

onion 1 large, finely chopped
garlic 2 cloves, crushed
olive oil
fennel seeds 2 tbsp
ground cloves 3 tsp
bay leaves 3, shredded
rosemary 1 sprig, finely chopped
pork shoulder 2kg boned, butterflied, de-rinded (Park and Shop sells pork shoulder)

1 Start the day before if possible, otherwise prep in the morning. Fry the onion and garlic in 2 tbsp of oil and season. When soft, stir in 1 tbsp of the fennel seeds, 2 tsp of the ground cloves, the bay leaves and rosemary and let them cook for 1 minute. Cool.
2 Lay out the pork, fat side down. Spread the cooled onion mixture over the meat massaging it in nicely. Roll it up from the short end and tie with string to secure. Rub in 1 tbsp oil, and the remaining fennel seeds and ground cloves. Cover and chill for up to 24 hours.
3 On the day, take the pork out of the fridge at least 1 hour ahead of time to allow it to come to room temperature. Heat the oven to 180C/fan 160C/gas 4. Cook for 3 hours on a lower shelf, uncovered.
4 Allow to rest, covered and in a warm place, for 20 minutes, then slice.

PER SERVING 624kcals, protein 59g, carbs 4.7g, fat 41.2g, sat fat 14.2g, fibre 0.6g, salt 0.43g

Bean, pea and hazelnut salad

20 MINUTES ● SERVES 6 ● Easy

This can be made a few hours in advance because it's best served at room temperature.

READY IN 20 MINS

French beans 250g
frozen peas 250g
hazelnuts 100g
orange 1, zested
garlic 1 clove
chives a small bunch, chopped
olive oil

1 Bring a pan of water to the boil. Tail but don't top the French beans and blanch for 2 minutes. Fish them out with tongs and refresh under cold water to keep the crunch.
2 In the same water cook the peas for 2 minutes. Strain and refresh under cold water.
3 Heat the grill and toast the hazelnuts for about 5 minutes or until brown. Toasting them for this long will mean the skin comes off easily and they will have an extra-nutty flavour. Cool and rub with a clean tea towel to remove skins and then roughly chop.
4 Put the beans, peas and hazelnuts in a bowl. Add the zest, garlic and chives, then pour over 2 tbsp olive oil. Mix and season.

PER SERVING 180kcals, protein 5.6g, carbs 6.3g, fat 14.8g, sat fat 1.4g, fibre 4.2g, salt 0.01g

Potato salad with yoghurt Dijon dressing

15 MINUTES + COOLING ● SERVES 6 ● Easy

small new potatoes 1 kg
natural yoghurt 2 tbsp
mayonnaise 1 tbsp
Dijon mustard 1 tbsp
parsley 1/2 small bunch, finely chopped

1 Bring a large pot of water to the boil and cook the potatoes for 8-10 minutes until cooked but still firm and not falling apart. Strain and allow to cool.
2 Meanwhile make the dressing, mixing together the yoghurt, mayonnaise, mustard and parsley, reserving a handful of to serve.
3 Toss the potatoes in the dressing making sure they're well coated and season and finish with a sprinkle of parsley.

PER SERVING 126kcals, protein 3.5g, carbs 27.7g, fat 0.9g, sat fat 0.1g, fibre 1.7g, salt 0.7g





Slow roast porchetta, potato salad with yoghurt Dijon dressing, and bean, pea and hazelnut salad

Zuccotto with orange and chocolate

40 MINUTES + CHILLING ● SERVES 6 ● Easy

Get ahead by beginning this recipe the day before or early in the day.

sponge finger biscuits (Savoiardi biscuits work well) 24
vin santo, marsala or sherry 200ml
extra-thick double cream 200ml
icing sugar 40g
ricotta 250g, beaten lightly
orange 1
good quality dark chocolate or gianduja chocolate (hazelnut flavoured) 100g, grated
cocoa powder to dust

1 Line a 1 litre bowl or pudding basin with clingfilm, ensuring you have plenty of overlap. Dunk each biscuit really well in the vin santo to coat both sides. Arrange neatly over the base and sides, covering the surface completely. Keep the remaining biscuits for the top.
2 In a large bowl, whisk the cream with the icing sugar until stiff, then slowly fold in the ricotta. Using a zester, shred the zest from the orange and add to the ricotta mixture. Slice off the remaining skin and pith from the orange with a sharp knife. Slice inside the membrane of each segment to remove each piece of fruit. Roughly chop, then add them and half the chocolate to the ricotta mixture and gently mix. Spoon the mixture into the pudding basin.
3 Dip the remaining biscuits in the vin santo and use to cover the top of the pudding. Fold the clingfilm edges over the top of the biscuits, then weight down with a heavy plate. Chill for 3-4 hours or overnight.
4 To serve, turn out the zuccotto onto a plate. Peel off the plastic wrap. Dust the top of the dessert with cocoa and sprinkle with the remaining grated chocolate.

PER SERVING 465kcals, protein 7.4g, carbs 38.1g, fat 28.4g, sat fat 16.7g, fibre 1.3g, salt 0.19g

Zuccotto with orange and chocolate

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Entertain In style

After six years living and cooking in rural France, Orlando Murrin, a former Good Food editor, has returned to Britain. Here, he shares a creative menu based on the finest British ingredients of the season

Warm salad of asparagus, bacon, duck egg & hazelnuts



Dinner for six

- Crostini of artichokes & chives
- Warm salad of asparagus, bacon, duck egg & hazelnuts
- Braised shoulder of lamb with jewelled stuffing
- Stoved potatoes
- Broccoli with a crunch
- Raspberry chocolate torte

Photographs DAVID LOFTUS | Food styling LIZZIE HARRIS | Styling JENNY IGGLEDEN | Wine notes SARAH JANE EVANS MW

Warm salad of asparagus, bacon, duck egg & hazelnuts

SERVES 6 ● PREP 25 MINS ● PREP 25 MINS

Easy Good source of folic acid

Details matter: get the bacon properly crisp and crush the hazelnuts with the side of a knife. Plunging the eggs into iced water stops a black ring forming round the yolk.

6 rashers smoked streaky bacon
3 duck eggs (or 5 large hen's eggs)
500g/1lb 2oz asparagus, about 30 medium spears
50g/2oz hazelnuts, toasted and crushed
FOR THE DRESSING
3 tbsp hazelnut oil
2 tbsp rapeseed oil
1 tbsp cider vinegar
2 tsp smooth French mustard

1 Heat grill to High and cook the bacon for 5 mins until crisp, then snip with scissors into pieces. Set aside. Cook the eggs in boiling water for 8 mins (5 mins for hen's eggs), drain and plunge into ice water, to cool as quickly as possible.
2 Make the dressing: whisk all ingredients together with seasoning. Prepare the asparagus by snapping off the base of each spear – it'll break at the tender point.
3 Just before serving, put the nuts and bacon into a warm oven. Halve the eggs and season. Bring a pan of salted water to the boil; cook the asparagus for about 5 mins, until just tender. Drain, then divide between plates. Add egg halves, sprinkle with nuts and bacon, then drizzle with dressing in a zigzag pattern.

PER SERVING 261 kcals, protein 12g, carbs 2g, fat 23g, sat fat 4g, fibre 2g, sugar 2g, salt 0.80g

Crostini of artichokes & chives

SERVES 6 ● PREP 10 MINS ● COOK 5 MINS Easy Good for you

390g can artichoke hearts
juice 1 lemon
2 small garlic cloves, 1 crushed, 1 halved
3 tbsp extra virgin olive oil
25g/1oz Parmesan, grated
small bunch chives, snipped 1 baguette, thinly sliced
few Parmesan shavings, to serve

1 Drain the tin of artichoke hearts and put them in a food processor with a good squeeze of lemon, the crushed garlic clove, 1 tbsp of the extra virgin olive oil, the Parmesan, a good pinch of salt and plenty of black pepper. Pulse to a chunky purée, scraping down the sides once or twice. Stir in a few snipped chives. This can be made a day ahead and chilled.
2 Grill 12 slices of the baguette on each side until golden, rub lightly with the cut garlic clove and brush with the rest of the extra virgin olive oil. Spread generously with artichoke mix, scatter over Parmesan shavings and remaining chives, grind over pepper and serve.

PER SERVING 174 kcals, protein 6g, carbs 15g, fat 10g, sat fat 3g, fibre 2g, sugar 2g, salt 0.82g





Stoved potatoes

SERVES 6 ● PREP 5 MINS ●
COOK 30 MINS Easy

Melt **50g unsalted butter** in a large frying pan with a lid. When it is foaming, add **500g baby new potatoes**. Shake well so they are covered in butter and in a single layer. Sprinkle over a little salt.

Cover and cook gently for about 30 mins, tossing the pan frequently, until the potatoes are tender. Leave them in the hot butter until ready to serve and sprinkle with salt and pepper.

PER SERVING 120 kcals, protein 2g, carbs 13g, fat 7g, sat fat 4g, fibre 1g, sugar 1g, salt 0.02g

Broccoli with a crunch

SERVES 6 ● PREP 5 MINS ●
COOK 10 MINS Easy

Boil **500g broccoli** in salted water until just tender, drain well. Melt **25g butter** (or use 2 tbsp of the melted butter from the Stoved potatoes) and fry **a handful breadcrumbs** until lightly toasted.

Season lightly and pour over the hot broccoli. Squeeze over the juice of **half a lemon** and serve.

PER SERVING 73 kcals, protein 4g, carbs 5g, fat 4g, sat fat 2g, fibre 2g, sugar 1g, salt 0.15g

Braised shoulder of lamb with jewelled stuffing

SERVES 6 ● PREP 25 MINS PLUS SOAKING ● COOK 3 HRS 30 MINS

When rolling and stuffing a boned piece of meat, I find it helpful to do a dummy run before putting the stuffing in – often it works better rolled in one direction rather than the other.

1.5kg/3lb 5oz boned shoulder of lamb
2 tbsp oil
1 onion, roughly chopped
3 garlic cloves, chopped
175ml/6fl oz dry cider or dry white wine
500ml/18fl oz chicken stock
strip orange zest
1 cinnamon stick
2 bay leaves

FOR THE STUFFING

50g/2oz stoned dates, roughly chopped
50g/2oz dried apricots, roughly chopped
25g/1oz dried cranberries
25g/1oz shelled pistachios, roughly chopped
handful parsley, finely chopped, plus extra for serving
1 shallot, finely chopped
zest ½ orange
3 slices of stale bread, whizzed into crumbs

1 To make the stuffing, soak the dates, apricots and cranberries in boiling water for 30 mins, then drain and squeeze dry gently. Mix with the rest of the stuffing ingredients and salt and pepper.
2 Season the lamb well on both sides. Spread on the stuffing, then roll into shape and secure with string. Heat the oil in a large, lidded ovenproof pan. Add the lamb and brown on all sides. Remove to a plate.
3 Heat oven to 150C/130C fan/gas 2. Brown the onions in the remaining fat for 5 mins, add the garlic and sizzle for 30 secs. Now pour in the cider and as it bubbles, scrape up any caramelised bits at the bottom and sides of the pan. Add enough of the stock to come 1/3 of the way up the lamb, and the orange zest, cinnamon and bay leaves.
4 Cover with a piece of crumpled baking parchment and cook for 2½-3 hrs, turning halfway through, until the meat is completely tender. Remove and wrap with foil. Strain the juices and spoon off any fat that comes to the top, then put into a wide pan and boil to reduce for 5-10 mins, until slightly thickened and rich in flavour. Season with salt, pepper and a squeeze of lemon or orange juice, if necessary. Slice the lamb and serve with the sauce, and parsley sprinkled over.

PER SERVING 767 kcals, protein 50g, carbs 25g, fat 52g, sat fat 24g, fibre 2g, sugar 15g, salt 0.81g

Raspberry chocolate torte

CUTS INTO 12 ● PREP 20 MINS ● COOK 20 MINS Moderately easy ❄ Cooled sponges only

This cake takes the Austrian sachertorte to new heights. The raspberry filling adds a bright fruitiness that makes it seem far less rich than it really is. Serve in small slices.

225g/8oz dark chocolate, 70% cocoa solids
175g/6oz unsalted butter, chopped, diced
2 tsp vanilla extract
¼ tsp instant coffee powder or extract
100g/4oz toasted almonds
2 heaped tbsp plain flour
½ tsp salt
5 eggs
140g/5oz golden caster sugar
12 fresh or defrosted frozen raspberries, plus about 40 more for decoration
4 tbsp raspberry jam

FOR THE GLAZE

140g/5oz dark chocolate, 70% cocoa solids, chopped
100ml/3½fl oz double cream
icing sugar and sweet vanilla cream, to serve

1 Heat oven to 160C/140C fan/gas 3. Line the bases of two 23cm cake tins with baking parchment. Melt the chocolate and butter in the microwave; leave to cool. Stir in the vanilla and coffee powder.

2 Whizz the almonds in a food processor until finely ground, then add flour and salt, and transfer to a bowl. Whisk the eggs with an electric mixer for 5 mins, until doubled in volume. Slowly add the sugar, whisk for 1 min more. Fold in the cooled chocolate mixture until just combined. Sprinkle over half the flour mixture and fold in, then the other half. The mixture will be rather runny.

3 Divide between the two tins and bake for about 15 mins until a skewer comes out with a few crumbs attached – the sponges should be slightly undercooked. Cool in tin, then turn out onto a wire rack.

4 Choose the less perfect of the two, then set it on a serving plate. Mash 12 raspberries and stir in the jam. Spread on the base, then top with the other cake.

5 For the glaze, bring the cream to the boil, pour it over the chocolate and whisk until smooth. Leave for a few mins until starting to thicken, then spread over the top and sides to cover. Decorate with raspberries. Chill for up to 24 hrs. Remove from fridge 1 hr before serving, dust with icing sugar, and serve with vanilla cream.

PER SERVING 484 kcals, protein 8g, carbs 33g, fat 36g, sat fat 18g, fibre 3g, sugar 26g, salt 0.32g

Your new dinner party dessert



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Thyme to cook MEDITERRANEAN

Executive chef Alexander R. Fries of Thyme Restaurant, Oasis Beach Tower explores the essence of Mediterranean cooking



What are the essential ingredients in Mediterranean cooking?
The Mediterranean is most famous for all its herbs like rosemary, thyme and all other green leaves which find themselves nearly into all kinds of salad and stews. It's the beautiful vegetables ripened by the sun and regional characteristics like olives, capers and anchovies that makes Mediterranean cuisine so healthy and enjoyable.

While we can specify cuisine that is French, Italian, Spanish, Turkish… what is it that makes cuisine typically Mediterranean?
The beauty of Mediterranean cuisine it that it has been influenced by so many different countries and regions. This gives us great pleasure to use products from Spain, Greece, and Italy to Morocco, Tunisia and Sicily. In all these regions the cooking is all about flavours, time and the right ingredients. What we love most about the Mediterranean cooking are those small and informal dishes, which give an automatically a relaxed and familiar atmosphere.

Fresh herbs and spices play a big role. For our reader's store-cupboard at home, what herbs and spices should they make sure they have for Mediterranean cooking?
The key to Mediterranean cooking is the freshness of the product. Herbs should be always be fresh, as all the natural flavours are extracted during the cooking. Seasoning should be done with sea salt and a fresh pepper grinder; it gives a totally different result. Garlic should be used fresh, too. A great tip is to peel it and store in olive oil, so it will last longer.



What are some of your top tips to successful Mediterranean cooking?
Always use the freshest ingredients, take your time and don't rush, enjoy the cooking as much as you enjoy the eating.

What are some of the authentically Mediterranean dishes at Thyme?
At Thyme Restaurant we are trying not to focus too much on a specific area of the Mediterranean, it is all about choosing the right ingredients and creating interesting dishes, full of flavour and taste. For example, we serve a whole roasted baby chicken on a bed of roasted root vegetables or a very rustic pork casserole with cannellini beans and Toulouse sausage. A great dish is our tuna escabeche with garlic chips and chilli coriander dressing.



Mediterranean cooking and eating is as much about lifestyle as it is about food. What kind of setting, décor and style, for you, conjures up an atmosphere of the Mediterranean?
For us it's all about a relaxing in a familiar atmosphere at Thyme. For our food presentation, we use a lot of copper and iron casseroles to enhance the warm country-side like atmosphere. All colours, fabric and materials used in the restaurant are natural and inviting; this gives you the feeling of being at home.

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The last bite

We enjoy a taste of Italy and France with celebrity chefs Giorgio Locatelli and Michel Rostang



Giorgio Locatelli

Innovative Michelin-starred Italian chef Giorgio Locatelli is a UK-based restaurateur, cookery book writer and television cooking show host. His Dubai-based restaurant Ronda Locatelli is located in Atlantis, The Palm Jumeirah

What inspires you to cook and to create new dishes?
The variety and freshness of ingredients at different times of the year.

What one ingredient can't you live without?
Locatelli olive oil.

What are your the top five essential ingredients in Italian cooking?
Olive oil, pasta, fresh vegetables and fresh bread.

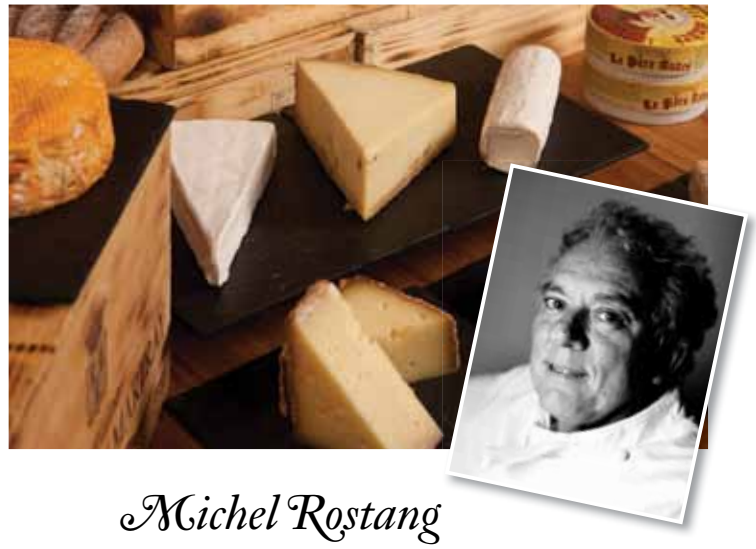
What is your ultimate gourmet destination?
Sicily in the south of Italy

What is your guilty food secret?
Marshmallows!

Chocolate or cheese?
Chocolate, definitely.

When in the UAE, where do you love to eat out?
Levantine and Nobu in Atlantis, The Palm and Zuma in DIFC

What gives you the greatest joy as a chef?
People's faces when they try my food.



Michel Rostang

Restaurateur and two-star Michelin chef Michel Rostang, a native Parisien, owns and runs fine restaurants in France. Rostang, The French Brasserie is located in Atlantis, The Palm Jumeirah

What inspires you to cook and to create new dishes?
First of all, the product, and to cook each product respecting its seasonality. Every year, when the first asparagus, the first morels or the first Dublin Bay prawns appear at the markets, I feel very excited and inspired.

What one ingredient can't you live without?
Butter.

When in the UAE, where do you love to eat out?
Café Chic, Le Meridien Dubai, Garhoud and Nina, One&Only Royal Mirage Dubaï.

What would are your top essentials ingredients in French cooking?
Bresse chicken, black or white truffles, asparagus, French blond morel and the suckling lamb from the Pyrenees.

What is your ultimate gourmet destination?
France of course!

What gives you the greatest joy as a chef?
When the truffle season begins in mid-december and in springtime when all the new vegetables arrive. Once again, it is the product that thrills me.

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